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Buzz pg 41

She may want to try counting sheep

## Word to the wise: Respect your elders

**STUDY** It turns out grandma was right: Listen to your elders. New research indicates they are indeed wise — in knowing how to deal with conflicts and accepting life's uncertainties and change.

And researchers led by Richard E. Nisbett of the University of Michigan found that older people were more likely than younger or middle-aged ones to recognize that values differ, to acknowledge uncertainties, to accept that things change over time, and to acknowledge others' points of view.

"Age effects on wisdom hold at every level of social class, education, and IQ," they report in today's edition of Proceedings of the National Academy of Sciences. **THE ASSOCIATED PRESS**

Food pg 32

## Brunch full of flavours

Local pg 3

Bicycles get a second life

**On the web**
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HARRY HOW/THE ASSOCIATED PRESS

Tiger Woods speaks during his media conference yesterday at the Masters golf tournament in Augusta, Ga. Woods answered questions in his first unrestricted meeting with the media since he crashed his SUV into a tree in November.

# 'Terrible' Tiger

## Golfer admits he needs to be a better man in the future

**Tiger Woods, acknowledging he has "acted terribly," says he has to become a better man in the future.**

In his first unrestricted meeting with the media since an SUV crash in November revealed a darker side to his life, the star golfer said his fall from grace, like the death of his father and the birth of his children, had shown him what really matters.

"It's not about the championships, it's about how you live your life," he told a media conference at the Masters. "And I hadn't done that the right way for a while. I need to change that. Going forward, I need to be a better man than I was before."

Woods said his double life had taken a toll on his golf, despite his many successes.

"I won numerous tournaments over the last couple of years but I wasn't having anywhere near the amount of fun. Why? Because look what I was engaged in. Living a life where you're lying all the time, life's not fun. That's where I was. Now that's been stripped all away and here I am and it feels fun again."

Asked how he kept his other life a secret, he said: "I fooled myself as well. I lied to a lot of people, deceived a lot of people."

Asked what the most difficult thing has been recently in his fall from grace, he replied: "Having to look at myself in a light that I never wanted to look at myself, that was difficult. How far I got from my core fundamentals, the core morals that my mom and dad taught me."

**THE CANADIAN PRESS**

### Tiger talks

Tiger Woods addressed several topics during his 35-minute media conference yesterday at the Masters:

**THE MASTERS:** "The reason why I didn't come back and play earlier ... I wasn't ready for it. I wasn't even near physically ready to play at this level, and I needed more time."

**HIS WIFE:** "Elin is not coming this week, no."

**FANS:** "To be out there in front of the people where I have done some things that are just horrible, and you know, for the fans to really want to see me play golf again, I mean, that felt great, that really did. I'm looking forward to the first tee and teeing off."

**THE CAR CRASH:** "The police investigated the accident and they cited me 166 bucks and it's a closed case ... I had a busted-up lip and a pretty sore neck, and that was it ... It required actually five stitches in my lip."

**REHAB:** "I was in there for 45 days and it was to take a hard look at myself, and I did, and I've come out better. I'm certainly a much better person for it than I was going in."

## Kaylee's parents say they were left in dark by hospital

**HEALTH** The parents of a seriously ill child say they weren't consulted by doctors at the Hospital For Sick Children before their daughter was taken off a respirator.

Jason Wallace and Crystal Vitelli told a news conference yesterday that their daughter Kaylee was suffering and struggling to breathe after being left off the apparatus for 27 hours last week.

She's now breathing on her own and could be released from hospital within a few days, the father said.

But he feels the couple is being shut out of making decisions on their daughter's care at the hospital, which is the only one equipped to deal with such cases in the area.

Kaylee, who turned one in February, suffers from a malformation of the brain and brain stem accompanied by frequently interrupted breathing.

Kaylee was put on a respirator after experiencing severe seizures last Tuesday, but was reportedly taken off the next day.

Matet Nebres, a spokeswoman for the Hospital for Sick Children, said yesterday: "The family has not given us consent to release information about Kaylee."

**THE CANADIAN PRESS**

### Heart

• Kaylee captured national attention last April when her parents — fearing their first-born would soon die of a rare genetic condition — offered her heart for transplant. Against all odds, Kaylee rallied and became well enough to go home a few weeks later.

Free Daily News Group Inc., operating as Metro Toronto 1 Concorde Gate, Suite 703, Toronto, Ontario M3C 3N6. Publisher: Bill McDonald

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# Local

## Newlook to cut stake in Wireless Age

**Newlook Industries Corp. says it has struck a debt settlement deal with its former subsidiary, Wireless Age Communications Inc. Newlook also plans to cut its ownership stake in Wireless Age to about 20 per cent, the Toronto company said yesterday. The two companies had agreed last fall on terms of a $6.3 million debt settlement in which Wireless Age would forgive a portion of the Newlook debt. Wireless Age still owes $600,000 to be paid by the end of September under that deal.** THE CANADIAN PRESS

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## Tomorrow's Metro

**West View**
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

## metronews.ca

What's online today.

**Video** Wheels of justice turn in Ontario as bikes seized from theft ring make their way to at-risk children at **metronews.ca/canada**

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# Stolen bicycles get a second life

**Giving thousands of bicycles that were once stolen in the Toronto area to children is a fitting end to the case, Attorney General Chris Bentley said yesterday.**

The bikes were taken from a used bike shop once owned by Igor Kenk, who was sentenced to 30 months in jail last December after pleading guilty to bicycle theft and to six drug possession charges.

About 70 bikes and more than 1,000 bike parts and locks were being distributed yesterday to a pair of Toronto centres for at-risk youth.

"It's a win-win-win situation," said Bentley.

"Some of the bicycles and parts will be used to teach bicycle repair skills to at-risk youth. Others will be delivered to a remote community where bikes are rare and most children would not experience the joy of having one."

Kenk was arrested in the summer of 2008 and police subsequently raided numerous garages filled with bicycles. Toronto police Insp. Gerry Cashman said yesterday it was the biggest stolen bike haul he can remember.

Experts will now help the kids put the bikes together and they'll be donated to the community.

THE CANADIAN PRESS

### Kenk comes back

- Convicted bike-nabber Igor Kenk showed up at the Cabbagetown Youth Centre yesterday where nearly 2,000 bikes seized from his property in 2008 were being donated to inner-city youth.
- Volunteers say Kenk asked how he could buy some bikes.
- Kenk claims to have stumbled upon the community event, only realizing later that the bikes being donated originated from his stash.

RICK EGLINTON/TORSTAR NEWS SERVICE

**Approximately 30 bicycles and more than 1,000 bike parts are turned over to the Cabbagetown Youth Centre yesterday. The bikes are slated for repair and will be given to the less fortunate.**

# 'Not enough to weep for Michael'

**FUNERAL** To give Michael McDonald's senseless death some meaning, for it not to be in vain, those who loved him must use it as an opportunity to take a stand against violence, Rev. Christopher White said at the funeral for the 16-year-old, fatally stabbed outside his Oshawa high school.

"It's not enough to weep for Michael," White said.

"Do you choose to say, 'Never again,' and work for change in our schools and communities?"

McDonald was stabbed several times in the chest during a dispute at a bus stop across the road from Monsignor Paul Dwyer Catholic High School on March 30. He collapsed in front of a crowd of students.

Jacques Amakon, 18, who also attended Monsignor Paul Dwyer, was arrested shortly after and charged with second-degree murder.

TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE

**Football players line up arm in arm before the hearse containing Michael McDonald, the 16-year-old Oshawa student who was stabbed to death at a bus stop near his school last week.**

## News in brief

**WANTED** A Mississauga man accused with his wife of drugging and sexually assaulting a couple they befriended in a bar denied any such activity when interviewed by police. In a videotaped interview played for a Brampton court, David Vant insisted no one was drugged or took photos of sexual antics in their apartment. The woman has testified she performed oral sex on Vant's wife, Marcia, 30, but she said she was drugged. She testified she believes David Vant had sex with her. Crown prosecutors say the Vants befriended the couple, offering to protect them from a man who they claimed had spiked their drinks. Defence lawyers contend the couple were so drunk they convinced themselves they had been drugged.

**WANTED** A 22-year-old man wanted in a Vaughan shooting remains at large after a woman was charged as an accessory in the crime. Nadia Colarusso, 28, of Caledon turned herself in to police last week after investigators said she allegedly contacted Leo Carbone of Vaughan, sought in the March 14 shooting of a 20-year-old man. The victim was shot as he tried to run away from a money dispute with several men behind a commercial building on Kipling Ave., near Highway 7. Carbone is described as a 5-foot-11 white man, about 155 pounds, with brown hair and blue eyes. He is considered armed and dangerous, police say. TORSTAR NEWS SERVICE

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**Buskers hit the streets in late August**
The 11th annual Scotiabank BuskerFest, Toronto's international street performers festival, will run from Aug. 26-29, event organizer Epilepsy Toronto announced yesterday. METRO NEWS SERVICES

# CAMH expansion tears down walls

**Originally erected in 1850 as the Ontario Lunatic Asylum and enclosed on all sides by a solid brick wall, Canada's largest hospital for treating mental illness is undergoing a radical transformation that could make it a model for the rest of the country.**

The Centre for Addiction and Mental Health is tearing down walls both literally and figuratively, revamping its 10.9-hectare site on Queen Street West to create an urban village that will integrate its buildings and the people it cares for into the surrounding neighbourhood.

"It reflects changes in the understanding of what's necessary for people who have mental illnesses and addictions to live their best life, to fulfil their potential in life, which in some cases can be limited by their illness," says CAMH president and CEO Dr. Catherine Zahn.

That means helping a person struggling with a mental illness and/or addiction to reintegrate into society, says Zahn.

The overhaul began two years ago with the building of four "alternative milieu" units that provide transitional housing for in-patients.

The hospital breaks ground today for three buildings, among them a 60-bed Intergenerational Wellness Centre for youth and geriatric patients that includes Canada's first inpatient facilities for teens with both mental illness and addictions.

New streets wind through the site, connecting and blending CAMH with neighbourhood cafés, businesses and homes.

**"The idea is that there is very little value in closing people with mental illness off from the community and vice versa."**
Dr. Catherine Zahn

CHRIS YOUNG/THE CANADIAN PRESS

Alex Bustos, a student in the youth program at the Intergenerational Wellness Centre, poses for a photo in a classroom yesterday at the Centre for Addiction and Mental Health.

"The idea is that there is very little value in closing people with mental illness off from the community and vice versa," says Zahn. THE CANADIAN PRESS

## Province may put cameras on its Tasers

**POLICING** Tasers with cameras attached to them that produce video evidence when the controversial weapons are used on people is an option Ontario is considering, the provincial government says.

While Community Safety Minister Rick Bartolucci hasn't committed to the move, he said he hasn't ruled it out as part of ongoing talks on how to best use Tasers.

"No decision has been made, but there is some dialogue with regards to that particular device being attached to the weapon," said Bartolucci, who last week promised tighter rules and standard training for Taser use.

"We're looking at it."

The RCMP is already testing two kinds of cameras that record Taser firings, in Kelowna, B.C., and Moncton, N.B., while Ottawa police have also tested the cameras.

Larry Molyneaux, president of the Police Association of Ontario, said he sees little use for the cameras on the market because they provide a limited view.

"The difficulty is that it only shows you the immediate threat — it doesn't show you what leads up to that, it doesn't show you what occurs after," Molyneaux said.

"You really don't get the whole picture, because a lot of it has to do with what leads up to the incident." THE CANADIAN PRESS

## Sikh preacher mired in controversy

**RELIGION** The irony of his situation doesn't escape Darshan Singh.

For four years, from 1986 to 1990, he was to the world's Sikhs what the Pope is to Catholics: The faith's chief priest, in a leadership group of five. Less than four months ago, the religious leader was excommunicated from the faith by the current head priests.

Darshan Singh

The move was unbelievable, Singh said from his Brampton home, "especially since I've said nothing wrong."

Since January, he has been greeted by protests against his presence as he visited temples in India, England, Norway, Switzerland and Germany.

But there was no violence until Friday in Brampton, when a crowd of about 150 protesters gathered outside the Sikh Lehar Centre, where Singh was supposed to give a speech. A scuffle broke out and three people were hurt, including the centre's president.

Singh, a fiery preacher, is known for generating controversy. The latest firestorm started at a Sikh temple in New York, where he was preaching in early November. He is accused of concocting a story linking Gobind Singh, the 10th Sikh guru, with a prostitute. TORSTAR NEWS SERVICE

## Whitby **Beautiful day for a bike ride**

RENE JOHNSTON/TORSTAR NEWS SERVICE

Corrado Terzo and his son, Alessandro, 7, ride along Columbus Road in Whitby under the clouds yesterday. The weather, while still warm, is expected to change to rain today.

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**Two women hurt in Flamborough collision**

OPP say they are investigating a serious collision that left two women injured in the town of Flamborough, north of Hamilton. The two-vehicle accident at the intersection of Highway 6 and Concession 5 left one driver, 57, with serious injuries. The other driver, a 45-year-old, sustained minor injuries. THE CANADIAN PRESS

# Share memories of Fox's run

## Marathon of Hope 30th anniversary campaign seeks recollections

**When Terry Fox ran Canada's highways, people were both shocked and mesmerized.**

Seeing a young man running with an artificial leg was surprising, but it was the energy he put into every double hop-step that really caught Canadians' attention.

It was heart-stopping.

Now, on the 30th anniversary of the start of his Marathon of Hope — his cross-Canada run to raise money for cancer research — the Terry Fox Foundation is asking Canadians to remember the spring and summer of 1980.

Did they see Terry Fox run? Did they hear him speak or meet him?

The foundation, which has raised $500 million in three decades, would like people to share their encounters with Terry Fox between April 12, when he set out from St. John's, N.L., and Sept. 1, when he learned the cancer had returned.

What did they see? What did Terry Fox say? What effect did it have? Recollections can be sent to www.terryfox.org/shareyourstories. If you can remember the exact date, send that along as well.

The foundation plans to run a remembrance every one of the 143 days that Terry Fox ran, starting with his strong start on the East Coast to his last faltering steps outside Thunder Bay, when he became light-headed and felt a terrible ache in his chest.

Fox died in 1981, at the age of 22.

Glenn Vogelsang, a social media strategist, is organizing the project for the Terry Fox Foundation.

"I care about Terry," said Vogelsang, 41. "I was an athlete as a kid ... I saw what cancer did to people who lived on my street."

Vogelsang and his friends in Saskatoon, where he grew up, imitated Terry Fox's distinctive gait. They held races, competing hard.

"How could one person affect so many people on so many levels?" Vogelsang said. "Every single person (who saw him) has a story, and every story is different."

TORSTAR NEWS SERVICE

TORSTAR NEWS SERVICE

In this file photo, Greg Scott, 10, walks along with Terry Fox at Terrace Bay, Ont. Both lost a leg to bone cancer and Greg came from Welland to meet Fox on his marathon run in 1980 to raise money for cancer research.

# Schools find new life, purpose after closure

**EDUCATION** As the Toronto District School Board faces dozens of school closures in the coming years from falling enrolment, some have warned of a fire sale of public schools into private hands.

But old schools often just switch from one public body to another, said Shirley Hoy, executive director of the Toronto Lands Corporation, the arm's-length body created in 2008 to handle the board's real estate holdings.

By law, Ontario school boards must offer old schools first to other school boards, then to a college or university, then another level of government, then a non-profit agency and, finally, to the private market.

It's a daunting task for a school board that already owns 97 empty schools, many rented to an eclectic array of tenants.

Schools can be recast as private schools and seniors' centres, daycares and doctors' offices, women's shelters and dance studios.

The old Carleton Village public school on Davenport near St. Clair Avenue West is being turned into the Toronto Police Services' new 11 Division.

TORSTAR NEWS SERVICE

## News in brief

**TEACHERS** An investor group led by the Ontario Teachers' Pension Plan says it has acquired Ohio-based Exal Group, the largest specialty manufacturer of aluminum containers in the world. Terms of the transaction, announced yesterday, were not disclosed. The investment group is led by Teachers' Private Capital, the private investment department of the teachers' fund, and includes Stonebridge Partners, a U.S.-based private equity firm. Ontario Teachers' Pension Plan handles the pension funds and administers the pensions of Ontario's 289,000 active and retired teachers. THE CANADIAN PRESS

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Toronto – Paris // London – Toronto

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**California** Air + 7-Day Car $499
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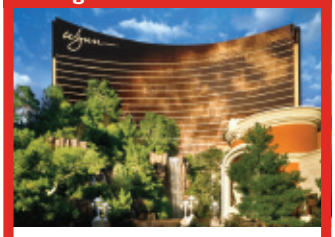

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**Murder charge laid after head-trauma death**

A 41-year-old eastern Ontario man has been charged with second-degree murder in the case of a man who died from head trauma. Louis Johnston, 41, of Leeds and Thousand Islands Township, was expected to appear in court yesterday. THE CANADIAN PRESS

# Canada

## Dead rat triggers search in Alberta

Animal control officers in Calgary are hunting for a nest after a rat carcass was found in an alley behind a home last Friday in a neighbourhood on the city's north side. Bill Bruce, the head of bylaw services, says they believe the black and white rat was somebody's pet and not a wild rat. While Alberta has long boasted that the province is free of the rodents, city officials say they receive calls about seven or eight rat sightings each year. THE CANADIAN PRESS

## Tories snapped up VIP tickets for Olympics

**PERK** Conservative MPs and senators took advantage of up to 211 reserved tickets for the Olympic Games while opposition parties avoided the controversial perk entirely, a government tally indicates.

A detailed account of a block booking by Canadian Heritage shows parliamentarians bought 211 of the reserved tickets, mainly for what the account describes as "prime" events, such as the opening ceremony or a gold-medal hockey game.

**76** Parliamentarians bought 76 tickets for hockey.

Government departments purchased a further 239 Olympic tickets.

THE CANADIAN PRESS

# James pardon spurs review

## Conservatives vow tightening of rules for sex offenders

**The federal government is looking at barring sex criminals from receiving pardons, or at least extending the time they would have to wait before applying.**

Public Safety Minister Vic Toews said yesterday the government will seek ways to end "rubber-stamped" applications after revelations that sex-abusing hockey coach Graham James was pardoned by the National Parole Board.

But those who work with offenders say changing the law because of one rogue case is folly that will do more harm than good.

"I think we ought not be running around with our hair on fire every time an institution like the pardon system or the parole system doesn't live up to our expectations," said Craig Jones of the John Howard Society, which helps offenders readjust to society after release.

A pardon does not erase a person's criminal record, but can make it easier for an ex-convict to get a job and travel abroad. In the case of sex offenders, a flag remains on the pardoned offender's file, serving as an alert should they seek work with children or other vulnerable people.

Toews said he was surprised to learn that James, a former junior hockey coach, was granted a pardon from the parole board in 2007 for sexual assaults against two teens, including Sheldon Kennedy, who would go on to play in the NHL. THE CANADIAN PRESS

BILL BECKER/THE CANADIAN PRESS

Graham James holds his award in Toronto on June 8, 1989, after being named The Hockey News man of the year. James, the junior coach convicted of sexually abusing his players, was pardoned in 2007 by the National Parole Board.

## Privatization draws union ire

**CANADA POST** The country's largest public-service union says it will fight a Canada Post decision to privatize parts of its operations.

The Crown corporation announced last week it would outsource its contact centres and the National Philatelic Centre, eliminating more than 300 jobs.

The Public Service Alliance of Canada, which has 2,000 members at Canada Post, says the move will "badly damage" the quality of Canada's postal service. THE CANADIAN PRESS

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**Halifax police arrest man for punching child**

Halifax police arrested a man Sunday after receiving a complaint of a three-year-old child being punched in the mouth by an adult. THE CANADIAN PRESS

# Sovereignty tour begins

## Quebec a 'distinct nation': Duceppe

**A deal like the Meech Lake accord, which would have recognized Quebec as a distinct society, wouldn't be enough today to convince Quebecers to reject sovereignty, says Gilles Duceppe.**

"Certainly not," the Bloc Québécois leader told The Canadian Press in an interview yesterday. "We're no more a distinct society. We're a distinct nation."

And even if any new constitutional offers were forthcoming, they just wouldn't be good enough, Duceppe said.

"The best thing is to have two sovereign countries collaborating in a large economic body and even political body, just like the countries did in Europe," he said.

Duceppe begins the first leg of a cross-country tour today to get Canadians' opinions about Quebec sovereignty, starting with a meeting with university students in Fredericton.

After visiting the Atlantic provinces and Toronto this week, he'll head to Calgary and Vancouver next week. THE CANADIAN PRESS

SEAN KILPATRICK/THE CANADIAN PRESS

Bloc Québécois Leader Gilles Duceppe is embarking on a cross-country tour to gauge public opinion on Quebec sovereignty. The tour starts today.

# Free ride over for airborne politicians

**EXPENSES** Federal politicians who have been jetting in style around the globe have had their wings clipped.

The proposed budgets for 13 parliamentary friendship associations — which send dozens of MPs and senators on coveted trips to exotic locales each year, at taxpayers' expense — have been rejected.

The joint House of Commons-Senate body, which authorizes the budgets, has told the associations that pricey world travel at a time of record deficits and spending restraint is unacceptable.

"We basically told everybody to go back to the drawing board," said David Tkachuk, a Conservative senator who co-chairs the Joint Interparliamentary Council.

"You can't be leaders, telling everybody else to practise restraint and not do it yourself."

While they draft new budget requests, the council has agreed to give the 13 associations just more than $800,000 — less than half of what they spent last year. THE CANADIAN PRESS


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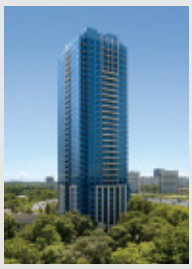

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# TTC RIDERS & WORKERS LET'S TALK

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**Public Town Hall Meeting with Toronto Transit Workers**

**SUNDAY**
**APRIL 11**
**1:00 – 3:00 p.m.**
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### Your Town Hall Moderator

**John Tory**
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### Toronto's transit workers want to hear directly from TTC riders

The quality of service on the TTC is a hot topic these days. As transit workers, we see this as an opportunity. We want the best possible working relationships with our riders. Open discussion and a constructive exchange of views is the way to go to make that happen.

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Bob Kinnear, President ATU Local 113

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As seen on TV, Town Hall participants will be given hand-held devices allowing them to electronically (and anonymously) vote on questions posed by the Moderator.

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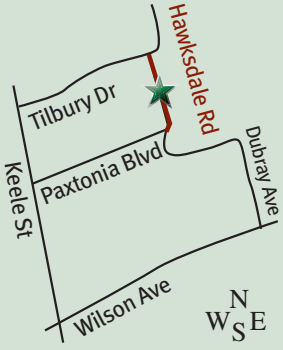


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May 2 – Downtown – Ryerson University Library

**Four killed in Pakistan attack**

Islamist militants unleashed a car bomb and grenade attack against a U.S. consulate in northwestern Pakistan yesterday, killing four people and striking back after months of American missile strikes against Taliban and al-Qaida fighters in the region. THE ASSOCIATED PRESS

# World

## Queen expected to call U.K. election

**British Prime Minister Gordon Brown is expected today to visit Queen Elizabeth II and name a date for the first national vote since 2005 — almost certainly May 6. For Brown, appreciated by some but widely unloved, election day could mark the ignominious end of a three-year term beset by division within his party, relentless media sniping and the near-collapse of the British economy.** THE ASSOCIATED PRESS

# Manhattan mayhem

## 4 shot, dozens arrested in chaos outside auto show

**Hundreds of young men spilled into midtown Manhattan near Times Square early yesterday, brawling and shooting guns after the New York International Auto Show in an annual night of mayhem the mayor called "wilding."**

Four people were shot and 33 were arrested, mostly on charges of disorderly conduct on the streets not far from the Jacob A. Javits Center, where the auto show is held.

Three men and a woman were arrested later on gang assault charges related to one of the shootings, police said.

Additional officers were on patrol over the night because similar problems have happened during past auto shows, dating at least to 2003, chief spokesman Paul J. Browne said. Last year, there were 27 arrests on the same night. In earlier years arrest numbers ran in the low 20s, Browne said. A teenager was stabbed in a similar ruckus in 2006, and in 2007, another teen was slashed in the arm.

Browne described those arrested yesterday as "young men looking for trouble" after the auto show.

The fracas rattled businesses near busy districts in Herald Square, as well as nearby Times Square, where an armed street hustler was shot dead by police after exchanging gunfire on the street in December.

**"This is just a bunch of people who shouldn't be on the streets if they behave this way, and we're not going to stand for it."**
Michael Bloomberg, New York mayor

New York Mayor Michael Bloomberg described the night's events as "wilding," using a word created by the media during the notorious 1989 rape of the woman known as the Central Park jogger. Five men were charged with gang-raping her, but their convictions were thrown out in 2002.

"We loaded the area up with police, but they can't be everywhere," he said. "We're not going to tolerate it ... This is just a bunch of people who shouldn't be on the streets if they behave this way, and we're not going to stand for it."

THE ASSOCIATED PRESS

## India **Athletes' wedding plans under fire**

MAHESH KUMAR A/THE ASSOCIATED PRESS

Indian tennis star Sania Mirza, left, and Pakistan's former cricket captain Shoaib Malik, right, address the media in Hyderabad, India, yesterday. Police have questioned Malik ahead of his planned marriage to Mirza regarding allegations of criminal intimidation made by another woman claiming to be the cricket player's first wife. The news of the Malik-Mirza wedding sparked instant news coverage in the region because neighbouring Pakistan and India are longtime rivals.

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## News in brief

**SOUTH AFRICA** The mother of a 15-year-old murder suspect said yesterday that her son struck a notorious white supremacist leader with an iron rod after the farmer refused to pay him, a slaying that heightens racial tensions as South Africa prepares to host the World Cup. "My son admitted that they did the killing," the mother said. She said she spoke to the teenager at a police station after he turned himself in along with his alleged accomplice, a 28-year-old farm worker, following the slaying of Eugene Terreblanche.

**AFGHANISTAN** President Hamid Karzai threatened over the weekend to quit the political process and join the Taliban if he continued to come under outside pressure to reform, several members of parliament said yesterday.

THE ASSOCIATED PRESS

*War of the Worlds 2? Jordanian newspaper's prank goes wrong*
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Dr. Michael Ho Back Specialist

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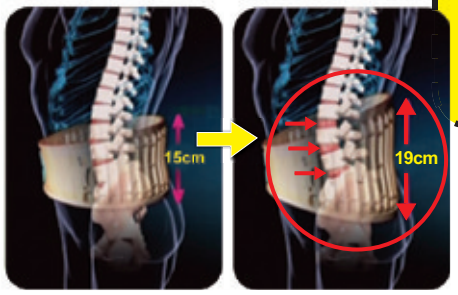
4. Remove the air pump nozzle from the belt and enjoy. Feel the relief in as little as 20 minutes!

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Alice Love

"This belt is out of this world! Feels like all the weight is taken off of you and you just feel light. Pain pills only mask the pain. Now that we have the belt I can be pain free. I have a grandson, who loves to be picked up. But you don't realize how much pressure that puts on your back. With my belt, I don't have to worry about picking him up! "

P.J. Lemieux

The belt is very comfortable and it helps to take the stress off my lower back. I feel that I now have better posture and I see how that is very beneficial. I can see this being used by people with chronic back pain and its pharmaceutical free and so easy to do. You just strap on the belt, inflate and you can feel it work right away because it takes the stress off the lower back. You've got nothing to lose if you suffer from back pain. Definitely this is worth trying!

Sports Doctor Dr. Carson

"This device helps with the lower back, I understand it, I enjoyed it and I endorse it. This belt I think is quite an advantage to other lumbar belts. I see this as a device that will assist in reducing the muscle spasm. I certainly look forward to prescribing this belt because I realized the benefits myself."

Dr. Michael Ho is a Canadian doctor with over 20 years of clinical experience specializing in treating chronic back pain, including Scoliosis, Spinal Stenosis and Herniated / Bulging discs. Having studied and worked in countries including Canada, United States, Sri Lanka and China, Dr. Ho has been recognized for his ability to identify and correct the cause of the pain providing longterm relief for his patients.

**Deadly mine explosion in West Virginia**

Massey Energy Co. said seven miners were killed and another 19 unaccounted for in an explosion at an underground coal mine in West Virginia. Massey CEO Don Blankenship said in a statement last night that the company was working to rescue the missing miners. THE ASSOCIATED PRESS

## News in brief

**SOUTH CAROLINA** Officials at a zoo say a newborn baboon died after being attacked by its father in front of nearly 50 people who had gathered after the baby's birth just minutes earlier. Experts say male baboons sometimes kill offspring. THE ASSOCIATED PRESS

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# U.S. seeking maximum penalty from Toyota

**Toyota Motor Corp. faces a maximum penalty of more than $16 million, a record civil penalty against an automaker, for failing to promptly notify the U.S. government about defective gas pedals among its vehicles.**

Toyota has recalled more than eight million vehicles worldwide because of acceleration problems in multiple models and braking issues in the Prius hybrid.

U.S. Transportation Secretary Ray LaHood said yesterday that documents obtained from the Japanese automaker showed Toyota knew of the problem with the sticking gas pedals in late September but did not issue a recall until late January. The sticking gas pedal recall involved 2.3 million vehicles.

"We now have proof that Toyota failed to live up to its legal obligations," LaHood said in a statement. "Worse yet, they knowingly hid a dangerous defect for months ... and did not take action to protect millions of drivers and their families." THE ASSOCIATED PRESS

**$16.375M**

Fine the U.S. government is seeking from Toyota. The record fine was $1M General Motors paid for responding too slowly to a 2004 recall over windshield wipers.

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## Scarborough Rapid Transit Conversion and Extension

### Notice of Commencement of the Transit Project Assessment Study and Open Houses

The City of Toronto and the Toronto Transit Commission (TTC) are holding two Open Houses where you can learn more about this transit project, ask questions and share your comments. Details are as follows:

Date: April 12, 2010
Time: 6:30 pm – 9:00 pm
Location: Jean Vanier CSS
959 Midland Avenue
(north of Eglinton)

Date: April 15, 2010
Time: 6:30 pm – 9:00 pm
Location: Chinese Cultural Centre
5183 Sheppard Avenue East
(at Progress)

**Background**

As part of Transit City, the City of Toronto and TTC are planning the conversion and extension of the existing Scarborough Rapid Transit (RT) line. The project will support economic development, reduce greenhouse gas emissions, and provide effective alternatives to driving. The project will double the passenger capacity of the Scarborough RT and provide fast, reliable and accessible service.

At the Open Houses, TTC and the City will present the preferred design for the Scarborough RT conversion and extension, as well as the identified environmental impacts, proposed mitigation measures and proposed methods of construction.

The existing Scarborough RT line runs 6.5 kilometres from Kennedy Station to McCowan Road. Because the existing vehicles are reaching the end of their life expectancy, the existing exclusive right-of-way and stations must be modified to accommodate new LRT vehicles and to expand ridership capacity. The new LRT vehicles will be the same as those to be used on other Transit City Light Rail Transit (LRT) lines.

At Kennedy Station, improvements will also include a more direct connection between the Scarborough RT and Bloor-Danforth Subway platforms. Plans will also accommodate the new Eglinton Crosstown and Scarborough-Malvern LRT lines.

The 4.9 kilometre extension of the Scarborough RT from McCowan Road to Malvern Town Centre will provide rapid transit to northeast Scarborough, including a direct connection to the Sheppard East LRT. The first phase of the project will extend the line 3.4 kilometres from McCowan Station to Sheppard Avenue East, via an exclusive right-of-way. The second phase will extend the line 1.5 kilometres to Malvern Town Centre. New bus terminals are planned at Sheppard Avenue and Malvern Town Centre.

**The Process**

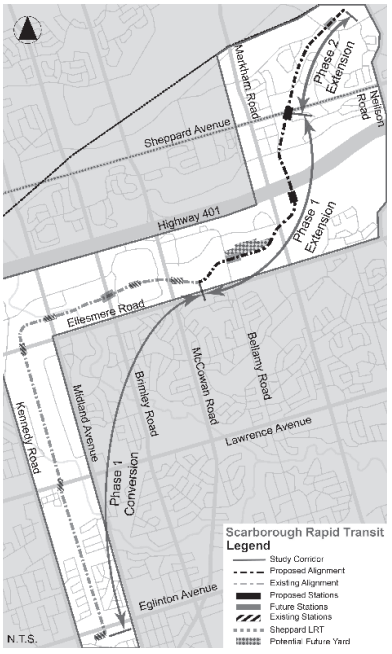
The environmental impact of the Scarborough RT Conversion (including Kennedy Station improvements) and Extension will be assessed in accordance with Ontario Regulation 231/08, Transit Projects and Greater Toronto Transportation Authority Undertakings (2008). An Environmental Project Report is being prepared as part of the Transit Project Assessment process.

**Official Plan Amendment**

An Official Plan Amendment will be required to amend the City's Official Plan, Map 4 - Higher Order Transit Corridors and possibly Map 5- Surface Transit Priority Network, to reflect the extension of the Scarborough RT north east from its existing terminus at McCowan Station.

**Next Steps**

Following the Open Houses, there will be an opportunity to incorporate feedback. Within 120 days, a formal public notice of study completion will then be issued. At that time, an Environmental Project Report will be made available for a 30 day review period on the project website: **www.toronto.ca/transitcity (see: Extension of the Scarborough Rapid Transit & Kennedy Station Improvements).** The Notice of Completion will include a number of locations to review a hard copy of the report.




Please attend to review the plan and share your comments and questions with project staff. If you would like to provide comments or obtain more information, please contact:

**Rick Thompson**
Chief Project Manager
Scarborough RT Project
Toronto Transit Commission
**Transit City Department**
5160 Yonge Street, 3rd Floor
Toronto, ON M2N 6L9
Tel: 416-397-8699
Fax: 416-338-0251
TTY: 416-397-0831
**srt@ttc.ca**
**www.toronto.ca/transitcity**

Information will be collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act. With the exception of personal information, all comments will become part of the public record.

Issue Date: April 6, 2010

**White House wants Nigerian election official replaced**

The Obama administration is recommending the head of Nigeria's election commission be replaced on grounds he cannot oversee a credible vote. THE ASSOCIATED PRESS

YAN YAN/THE ASSOCIATED PRESS

More than 100 miners were rescued yesterday after a week in a flooded coal mine in China.

# Mine rescue 'miracle'

**More than 100 Chinese miners were pulled out alive yesterday after being trapped for more than a week in a flooded coal mine, where some ate sawdust and strapped themselves to the shafts' walls with their belts to avoid drowning while they slept.**

Rescued miners wrapped in blankets, some with their light-sensitive eyes covered but their feet bare, were hurried to waiting ambulances that sped to nearby hospitals. One clapped on his stretcher and reached out his blackened hands to grasp those of rescuers on either side.

The sudden surge in rescues was a rare piece of good news for China's mining industry, the deadliest in the world. A rescue spokesman said 115 survivors had been pulled out as of 4:30 a.m. ET yesterday.

"A miracle has finally happened," Liu Dezheng told reporters yesterday morning, after the first nine miners were taken out shortly after midnight.

"We believe that more miracles will happen."

Of the 153 initially trapped, there are still 38 miners in the shaft. Rescuers expressed confidence yesterday they could be saved but did not say whether there had been any contact with them.

The first signs of life from underground came Friday, when tapping could be heard coming up the pipes.

THE ASSOCIATED PRESS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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA
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## Comment

# Harper may say Simon fits GG spot

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Is the race for governor general over before it's begun? Canada has never had a member of our First Nations as governor general. That's quite an oversight and the word from the prime minister's neighbourhood is that he has been thinking of this and feels it's time the problem was rectified.

The aboriginal candidate who is attracting attention is Inuit leader Mary Simon. If the prime minister can be satisfied she can do the job with rudimentary French, sources say she's got it in the bag.

Forget all those celebrity names being bandied about, like William Shatner. The post requires experience in politics and public affairs. Among other positions in her distinguished career, Simon has been ambassador to Denmark, ambassador for circumpolar affairs, chancellor of Trent University, and a negotiator for native peoples during the repatriation of the constitution.

She hails from a town in Nunavik in northern Quebec and Harper has become fond of the North since becoming prime minister. Northern development and Arctic sovereignty are among his top priorities. He has also taken a keener interest than expected in the native peoples.

Put it all together and Simon — first revealed as a candidate for governor general by Maclean's last fall — appears an ideal choice. It would give the PM a first in history, it would be a great boost for the pride of the native peoples, and it would put a strong stamp on the Northern identity.

Simon has been taking French lessons for the past several months, apparently since her name began being bandied about as a governor general candidate. Though her French is weak, it is stronger than that of Raymond Hnatyshyn, who served as governor general in the Mulroney years. Her appointment would mean two successive governors general from Quebec, but Simon would be seen less as a Quebec governor general than as a native peoples one.

The Paul Martin Liberals seriously considered an aboriginal for the post in 2005 before settling on Michaëlle Jean, who leaves after a high-profile tenure that showed how important the governor general's post can be. In 2008, Jean granted a prorogation to Harper, one that may have saved his government.

From that point of view, Harper should be sorry to see her go. But if he is thinking of Simon as a replacement, he may very well have found a splendid successor.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

# Leave us the birds and the bees, please

Norm Beach

Four decades ago, in the year of the first Earth Day, Joni Mitchell took out her guitar and sang, "Hey farmer, farmer, put away that DDT, give me spots on my apples, but leave me the birds and the bees … please!"

Amazingly, people and politicians listened and acted, and for the sake of the birds and bees, the toxic chemical DDT was banned. Briefly, it looked good for busy, buzzing, chirping and warbling creatures. But their numbers have gone into a tailspin.

In the 40 years since Joni Mitchell's wake-up call, it's been estimated that we've lost nearly half our birds. York University biologist Bridget Stutchbury (Silence Of The Songbirds) blames the destruction of forest habitat as well as poisoning due to pesticides. She recommends we buy organic produce and shade-grown coffee from farms that have preserved trees.

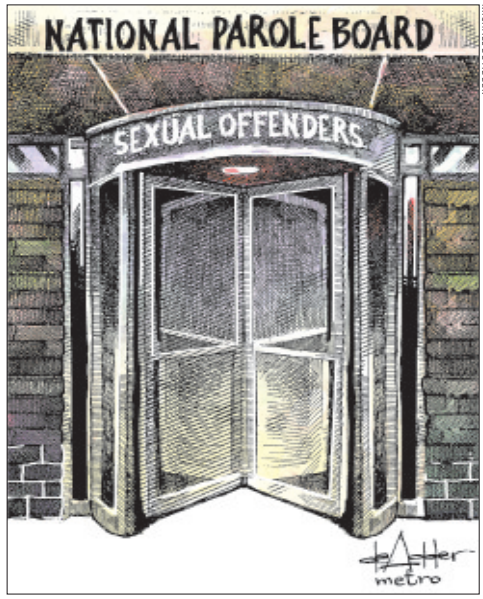
Ironically, bird-killing pesticides put us on a deadly treadmill because fewer insect-eating birds mean more bugs and even more toxic chemicals. And dwindling forests threatened by wood-eating insects will get smaller still if there aren't enough birds to eat the bugs. We all know birds need trees. How many of us think about the fact that trees need birds?

Pesticides are also killing bees and their dramatic population decline threatens our food supply. One-third of our diet comes from flowering plants pollinated by insects, mostly bees.

Recent bee die-offs have been called a mystery because scientists cannot agree on which of several factors is most important. But some widely-used pesticides are known bee-killers, and it might not be wise to suspend judgment until all the bees are gone. Because the one certainty is if that happens, we'll be the ones to get stung.

The birds and the bees are not only a metaphor for the miracle of procreation. In terms of ecosystem health, they're like canaries in a coal mine. If they're in trouble, we're in trouble. It's time to wake up and smell the coffee (organic and shade-grown, please). Otherwise, we will all be singing the saddest line in Joni Mitchell's song: You don't know what you've got till it's gone.

Norm Beach is a writer and teacher in Toronto.



MICHAEL DE ADDER

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**Homeland swapping Peru project stake for control of Solex**
Homeland Uranium, a Toronto-based natural resource company, will transfer its stake in a Peruvian project and gain control of Vancouver-based Solex Resources Corp. in a deal valued at about $11.4 million. THE CANADIAN PRESS

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Loonie near par the new normal?

**The high-flying loonie renewed its flight towards parity yesterday, forcing firms and individuals to adjust to what many believe will become a new normal in the relative value of the two currencies.**

Boosted by cycle-high prices for oil and commodities, the loonie soared to within a whisker of parity, reaching as high as 99.87 cents US before closing at 99.72.

The currency has been flirting with par for more than a month, and economists believe it is now only a matter of time before the psychologically important barrier is breached.

"We're one good number away from seeing the Canadian dollar through parity," said CIBC chief economist Avery Shenfeld.

If it doesn't happen earlier, the trigger may be Friday's employment report for March, particularly if Statistics Canada announces a higher gain than the 25,000 consensus call.

Scotiabank economists sent a note to clients yesterday predicting the dollar will appreciate "well north of parity over the spring and summer months."

RBC currency analyst Matthew Strauss also believes the loonie could stay above parity for several months, although his view is it will dip slightly below the greenback later in the year when the U.S. starts hiking interest rates.

THE CANADIAN PRESS

### Business in brief

**AUTOS** General Motors will install a new brake safety measure that can prevent unintended acceleration on all its new vehicles worldwide by 2012, the company said yesterday. The announcement comes as U.S. regulators consider making the technology mandatory on new cars and trucks after Toyota's problems.

THE ASSOCIATED PRESS

## Jazz Air hooks up with Thomas Cook

**AIRLINES** Jazz Air has accelerated efforts to diversify away from Air Canada by partnering with Thomas Cook to fly the tour company's customers to sun destinations next fall.

Joseph Randell

The Halifax-based company, which currently sells almost all its capacity to Air Canada, will operate six Boeing jets for the tour giant over the November-April period.

"Growing and diversifying our business remains a top corporate priority," said Joseph Randell, Jazz's president and CEO.

THE CANADIAN PRESS

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**Sale of French mills expected to help Tembec ride pulp price wave**
Tembec's impending sale of two French pulp mills will allow the Quebec-based forestry company to reduce its debt and better ride the current wave of rising global pulp prices, an industry analyst said yesterday. THE CANADIAN PRESS

# iPad sales reach 300K

**Apple Inc. said yesterday that it sold more than 300,000 iPads on its opening day, meeting the expectations of some analysts while underscoring the challenges the company still faces marketing the much-anticipated device beyond early adopters.**

The figures, which included pre-orders that were picked up or delivered Saturday, were hardly exceptional despite weeks of hype about the revolutionary nature of a new class of device that falls somewhere between the phone and computer.

In a research note earlier yesterday, Piper Jaffray analyst Gene Munster had doubled his initial forecast of first-day sales to 600,000 to 700,000, saying that "lines were longer than expected and supply was also better than expected." But the actual numbers announced by Apple were closer to his original estimates.

PAUL SAKUMA/THE ASSOCIATED PRESS

Andres Schobel holds up an iPad on Saturday in the U.S. as one of the first customers to buy the product during the first day of Apple iPad sales.

Still, first-day U.S. sales of the iPad exceeded those of the original iPhone in 2007, he said. He expects Apple to sell 1.3 million iPads in the current quarter compared with the 1.1 million for the iPhone in its first full quarter. Sales of the iPhone have since picked up, and Apple sold 8.7 million worldwide in its latest quarter.

The device is expected to go on sale in Canada this month. THE ASSOCIATED PRESS

## Business in brief

**SHARP** Mosaid Technologies Inc. has reached a five-year patent licensing deal with Japanese electronics giant Sharp Corp. THE CANADIAN PRESS

## Covalon Technologies CEO exits role

**DISPUTE** Covalon Technologies Ltd. says its chief executive Frank DiCosmo will exit his role over a bonus payment dispute.

The Toronto-area medical products company did not provide any further details on the disagreement. Covalon develops and commercializes therapeutic biomaterials for wound care and surgical applications.

Pedlar is also president of private venture investment firm Pedlar Ventures Ltd., based in Oakville. THE CANADIAN PRESS

## Magna Seating forms joint venture to supply Volkswagen

**AUTO** Magna Seating, an operating group of Canadian auto parts giant Magna International Inc. and U.S.-based supply manager Hollingsworth Logistics, have formed a joint venture to supply German carmaker Volkswagen with seat systems for its new car line.

Financial terms of the partnership, which will create 120 jobs in the southern U.S. state of Tennessee, were not revealed yesterday.

The seats will be built and shipped to Volkswagen of America for the mid-size sedan the company will build at its plant in Chattanooga, Tenn.

The joint-venture company, Chattanooga Seating Systems, is 51 per cent owned by Hollingsworth and 49 per cent by Magna Seating.

The joint venture will be considered a minority supplier to Volkswagen because Hollingsworth is a company owned by native Americans.

"This partnership is a great sign of things to come for everyone involved," said Frank Fischer, President and CEO for Volkswagen in Chattanooga.

"We are pleased that a minority-owned joint venture will be a part of our supplier team for the all-new mid-size sedan and that the addition of 120 jobs will continue to strengthen the economy here in the Tennessee Valley," Fischer said.

Steven Barr, owner and CEO of Hollingsworth Logistics Group, said the company has been a Magna partner for the last decade.

Magna International is Canada's largest auto parts company, with 72,500 employees and plants around the world. THE CANADIAN PRESS

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## Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# Prepare for higher rates

AlisonOnMoney

Alison Griffiths
metronews.ca/alisononmoney

Fixed or variable rate, the best way to protect yourself as interest rates rise is to pay down your mortgage while you have the most advantageous rate.

It's official. Last week the major banks raised mortgage rates — 60 basis points for a five-year fixed to 5.85 per cent from 5.25 per cent. Variable rate holders are quaking. Do you lock in, hold your breath and pray, downsize to delightful Musquodoboit Harbour?

Panic not. June 1 is the consensus pick by the pundits for the central bank to increase interest rates. But I doubt we are going to see precipitous rises to match the fall-off-a-cliff prime rate decline from 6.25 per cent at the end of 2007 to 2.25 per cent in early 2009. So there will likely be time to prepare and consider.

If you are one of the lucky ones with a variable rate pegged a certain percentage below prime — some are as much as one per cent — you still have lots of cushion. Even if you didn't crack such a yummy deal, any variable rate pegged at a quarter to half over prime or less is one you want to hold on to.

**ALISON'S MONEY RULE**
The best defence is a good offence when it comes to rising mortgage rates. Create your own mortgage busting plan.

Interest rates could certainly rise by a couple of percentage points in the future if the Consumer Price Index keeps increasing. But if your term has a couple of years or more remaining, then you will still be saving on interest costs with a variable rate. Of course, you do risk renewing your mortgage at a higher rate than if you had locked in now.

Fixed or variable, the best way to protect yourself is to pay down your mortgage while you have the most advantageous rate. The more you take off the principal the less exposed you are to higher rates in the future.

One reader is attacking her mortgage by cancelling Internet and cable TV service — neither of which she uses much since she leads a busy life. And she intends to get rid of her cellphone when the contract comes due shortly and (this is huge) do her own manicures.

The $185 per month saved will nicely speed her mortgage on its way.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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Your Money

# American markets still at bargain levels

Investing

Allan Small

metronews.ca/investing

As we strive to get back to all-time highs on the Toronto Stock Exchange, we must remember what these levels are and how we once got there.

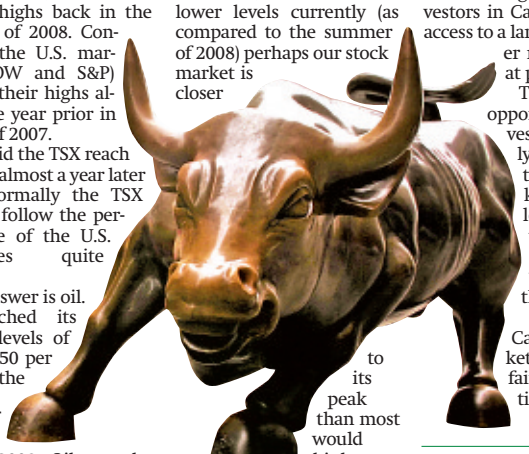
If you recall, the TSX hit all-time highs back in the summer of 2008. Conversely, the U.S. markets (DOW and S&P) reached their highs almost one year prior in the fall of 2007.

Why did the TSX reach its highs almost a year later when normally the TSX tends to follow the performance of the U.S. exchanges quite closely?

The answer is oil. Oil reached its highest levels of about $150 per barrel at the beginning of the summer in 2008. Oil was the main factor that took our country's main index higher when all other major North American markets were already falling.

Today we have oil trading between $80 and $90 per barrel. Many analysts believe we will stay in this range for quite some time. So if one was to attempt to calculate based on an $85 per barrel oil price where the all-time high on the TSX would be, they may calculate a much lower level. Perhaps 14,000 would be the right level?

That was the value of the TSX in the fall of 2007. Therefore, with oil at these lower levels currently (as compared to the summer of 2008) perhaps our stock market is closer to its peak than most would think.



Outside of the commodities and energy sector, are we getting close to appropriate valuations based on current earnings projections? The answer is closer to yes now than just a few months ago. In my opinion, if our country's markets were to move higher, the growth will have to continue to be driven by commodities and energy.

Although the Canadian market keeps moving higher, I believe there are much better opportunities south of the border. With our dollar so strong compared to the U.S. greenback, investors in Canada can gain access to a larger and cheaper market almost at par levels.

This is a huge opportunity for investors, especially since I believe the U.S. markets still have a long way to go to get back to where they were prior to the recession. I feel the Canadian markets are closer to fair value at this time.

Allan Small can be reached at asmall@dundeesecurities.com The views expressed are not necessarily those of Dundee Securities

# Dividends more tax friendly

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

**Q I am single and will have no income this year. However, I receive dividends from my investments. How much dividend can I receive and at what rate will I be taxed? Are all dividends treated and reported the same for tax purposes?**

**— Drew**

A Dividends are more tax friendly than interest income and most other forms of income. However, dividends are generally paid by a corporation to its shareholders. Therefore, individuals must be willing to accept the risk associated with corporate ownership.

There are several types of dividends but most individuals are commonly exposed to foreign, eligible and ineligible dividends.

Foreign dividends received from U.S. corporations are taxed similar to interest income.

Since 2005, publicly traded shares such as Bell, RBC, Suncor pay out eligible dividends and many private corporations pay out ineligible dividends. Not to dwell on the technical aspects, the type of dividend is determined based on whether the company benefited from the small business deduction or its general rate income pool (GRIP).

Individuals who receive eligible dividends are taxed on a grossed-up 145 per cent and will receive a 19 per cent tax credit (of the grossed-up dividend). An individual with no other income can receive approximately $50,000 before paying any income taxes. Taxpayers in receipt of an ineligible dividend are taxed on the grossed-up 125 per cent and get a 13⅓ per cent tax credit (of grossed-up amount). Individuals can receive about $37,000 in dividend before paying taxes. Generous amounts for some risk taking.

**Q Is a non-resident landlord obligated to pay taxes?**

**— Mario**

A The non-resident landlord is obligated to remit 25 per cent of gross rental income collected. Under section 216 of the act, this amount maybe reduced.

Tax filing can be complex and you should consult an accountant familiar with non-residents in receipt of rental income.

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca and 416-485-5225.

ADVERTISING FEATURE

PART 1 OF A 3-PART SERIES

# The Savings Standoff

Making the transition from *"I can't do it"* to *"I can get there"*.

Maria Contreras
RBC Royal Bank
Product Manager, Savings Accounts

From the day we earn our first dollar, we're taught the value of saving. But somewhere along the line, the idea of saving money just seems to get harder and harder. By the time we reach adulthood – with all its responsibilities – many of us are convinced it's *impossible* to save.

What's stopping you from saving? Like most things in life, the hardest part is simply getting started. And the best way to get started is to establish a finishing line. Know your goal.

Saving money is like exercising. It takes motivation, determination, and an achievable goal. But, like exercise, once you start to see the benefits of your commitment, it feels so good! Visualize your goal. Maybe it's a new HDTV. Or something bigger: a family vacation to the sunny south. Next, set a date you plan to reach it – six months from now? A year?

But back to that inner voice whispering: "Money's too tight to save". Be honest. How much can you realistically put aside every week or two? Twenty-five dollars a week might seem like a lot of money, but you probably won't miss it – and that can add up to $1,300 in a year!

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Start by examining your monthly finances – it's impossible to make wise saving decisions without taking a good, hard look at your budget – how much you earn vs. how much you spend. This will take time and dedication. Write down all your spending over a three-month period. This includes everything from fixed, ongoing expenditures like rent or mortgage payments, utilities and food, to little things like takeout lunches, movie nights, and your daily coffee fix.

Over time, you'll see some definite patterns, and chances are there are lots of expendable items that could translate into money in the bank. From there – and this is the toughest part – you need to prioritize. What's more important, that long-awaited family getaway, or your morning latté on the way to work?

The point is, *you can save.* All it takes is a goal. And a healthy dose of dedication.

**Next week: The first rule of saving.**

**SET YOUR GOAL AND GO GET IT!**

Serious about saving? Start by asking three questions:

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**Salary growth slows in baseball**

Opening-day baseball salaries grew despite the recession, although at a slower rate than in recent years. The average salary went up 1.8 per cent to $3.3 million US at the start of season, according to an analysis of rosters by The Associated Press. The increase was the lowest since a 2.7 per cent drop in 2004. THE ASSOCIATED PRESS

# Sports

## Pippen, Malone headed to Hall

**Karl Malone, Scottie Pippen, left, and two of the best U.S. Olympic teams were selected yesterday as part of the Naismith Memorial Basketball Hall of Fame's Class of 2010. The 1960 and 1992 U.S. Olympic teams, which both won Olympic gold medals, will be part of the induction ceremony Aug. 13.**

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

## SCOREBOARD

**NHL**

YESTERDAY'S RESULTS

Washington 3 Boston 2 (OT)
Columbus at St. Louis
Minnesota at Edmonton

**NCAA**

YESTERDAY'S MEN'S BASKETBALL FINAL

Duke 61 Butler 59

**MLB**

YESTERDAY'S AL RESULTS

Texas 5 TORONTO 4
Chicago White Sox 6 Cleveland 0
Detroit 8 Kansas City 4
Minnesota at L.A. Angels
Seattle at Oakland

YESTERDAY'S NL RESULTS

Philadelphia 11 Washington 1
N.Y. Mets 7 Florida 1
St. Louis 11 Cincinnati 6
Pittsburgh 11 L.A. Dodgers 5
Colorado 5 Milwaukee 3
Atlanta 16 Chicago Cubs 5
Arizona 6 San Diego 3
San Francisco 5 Houston 2

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## Sports in brief

**BASEBALL** Red Sox ace Josh Beckett agreed to a $68-million US, four-year contract extension through the 2014 season, solidifying one of baseball's best rotations. Beckett gets a $5-million signing bonus, payable when the contract is approved by the commissioner's office, and annual salaries of $15.75 million.

**SOCCER** Newcastle clinched a return to the Premier League when Nottingham Forest was held to a 0-0 tie at home by Cardiff yesterday, guaranteeing the Magpies a top-two finish in the second-tier League Championship. Newcastle (26-4-11) has 89 points following a 2-1 victory over Sheffield United, six more then West Bromwich Albion (24-7-11), which tied 1-1 at Watford.

**CURLING** Canada's Kevin Koe continued his hot start at the Capital One World Men's Curling championship. The Edmonton skip defeated host Italy 7-5 and Sweden 8-4 to improve to 5-0. Canada and Scotland, which is also 5-0, will square off in the morning draw today.

**SOCCER** Toronto FC parted ways with out-of-favour forward Ali Gerba, reaching an agreement to terminate his contract. New coach Preki sent Gerba home during a pre-season tournament in South Carolina last month, saying he was underperforming. Gerba, 28, was signed by Toronto last June. The Canadian started five of 11 games for the MLS club, scoring one goal.

**BASKETBALL** Toronto Raptors forward Chris Bosh was named the NBA's Eastern Conference player of the week for the seventh time in his career yesterday, tying Vince Carter for the most in team history. Bosh averaged 31.5 points, 11.5 rebounds, shot .594 (41-for-69) from the field and .846 (44-for-52) from the free-throw line in leading the Raptors to a 3-1 mark.

METRO NEWS SERVICES

# Jays can't hang on

## Rangers stage late rally to win season opener

**MLB RESULTS**

**Blue Jays 4 Rangers 5**

VS

**Shaun Marcum took a no-hit bid into the seventh inning before the Texas Rangers rallied for a 5-4 season-opening win over the Toronto Blue Jays yesterday, thanks to Jarrod Saltalamacchia's RBI single in the bottom of the ninth.**

Texas scored twice in the ninth off Blue Jays closer Jason Frasor (0-1).

Michael Young, the longest-tenured Texas player in his 10th season, had a leadoff double before Josh Hamilton took a called third strike. Vladimir Guerrero then had an infield single, though second baseman Aaron Hill made a diving stab deep behind the base to keep the tying run from scoring.

But Nelson Cruz hit an RBI double down the right-field line and Chris Davis was intentionally walked to load the bases. Saltalamacchia's flyball to right-centre was well out of reach for the drawn-in outfield.

Marcum missed last season recovering from elbow surgery. The right-hander didn't allow a hit until Guerrero's one-out single in the seventh after walking Hamilton. Cruz, who hit 33 home runs last season, followed with a three-run shot that tied the game 3-3.

Marcum struck out six and walked one as the first Blue Jays pitcher since 2002 other than Roy Halladay to start the season opener. The back-to-back hits in the seventh were the only ones allowed by Marcum. Scott Downs took over to start the eighth and threw a perfect inning.

Vernon Wells had three hits for Toronto. He had a two-run homer in the first and an RBI single in the eighth for a 4-3 lead.

THE ASSOCIATED PRESS

TOM PENNINGTON/GETTY IMAGES

Toronto closer Jason Frasor reacts after loading the bases in the bottom of the ninth yesterday against the Texas Rangers.

## Duke edges Butler to take NCAA crown

**BASKETBALL** Duke won its fourth national championship last night, forcing Butler's Gordon Hayward to miss with four seconds left to hold off the Bulldogs 61-59 and end the tiny school's run at the title one game short of the perfect ending.

Kyle Singler had 19 for the Blue Devils and Brian Zoubek rebounded Hayward's miss and hit one free throw with 3.6 seconds left to give Duke a two-point lead.

Hayward rebounded Zoubek's intentional miss and threw up a desperation heave at the buzzer, that hit glass, bounced off the rim and out.

The win gave Mike Krzyzewski his first national title since 2001 and fourth overall, tying him with Adolph Rupp for second on the all-time list.

THE ASSOCIATED PRESS

ANDY LYONS/GETTY IMAGES

Jon Scheyer of the Duke Blue Devils reacts in the second half while taking on the Butler Bulldogs yesterday.

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**Cambrian hires private security firm for residences**

Cambrian College has hired a private security company due to serious incidents at student residences. Security officials and local police were called in to control a party recently, and one student was hospitalized due to excessive alcohol consumption. METRO NEWS SERVICES

# Workology

## Durham goes global

**Durham College will launch its first-ever global classroom today when it links up with a college classroom in India for a session of one of its general education elective courses, Short History of the World. Durham students will be joined by 16 students from Mahindra United World College for a real-time class focusing on issues of human progress and the limits of the planet.** METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

# More space, less cost: Queensway

Small Business City

RAFAEL BRUSILOW
for Metro Canada

**An arm's length away from Downtown — yet still within arm's reach — the Etobicoke neighbourhood centred around Islington Avenue and speared by The Queensway attracts businesses by offering more space, cheaper costs and a widely mixed demographic.**

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Anna Marie Kalcevich, who owns Pasquale Bros. in the Queensway neighbourhood of Etobicoke, says that when it comes to this area, the price is right.

Anna Marie Kalcevich owns Pasquale Bros (16 Goodrich Rd.), a family business started by her grandfather in 1917 in Toronto's Little Italy neighbourhood to provide Italian immigrants to the city with familiar foods.

Today, Paquale Bros supplies many downtown restaurants from its Etobicoke location just north of The Queensway, conveniently close to the Ontario Food Terminal.

Kalcevich says cheaper rents and easy access to the nearby Gardiner Expressway makes the neighbourhood an ideal staging point for businesses like hers.

"The price (of overhead costs) is right compared to downtown. You're getting a lot of businesses moving in that don't want to pay downtown rates for more space," Kalcevich said.

CONT. ON NEXT PAGE>>

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**uWaterloo football player investigated for steroids possession**
The University of Waterloo has banned a student athlete from campus pending legal proceedings as the football player is being investigated by police for the possession of steroids and human growth hormones. METRO NEWS SERVICES

**<<CONT. FROM LAST PAGE**

With 80 per cent of her hotel and restaurant clients located downtown south of Bloor Street, the excellent highway access is a great boon to Kalcevich's business.

"Here it's so easy to operate because we have great access to downtown from the highway and that's where most of my clients are. We just jump on the Lakeshore or Gardiner and we're downtown in just 12 minutes outside of rush hours. Logistically it's great," Kalcevich said.

When Barbara Ryba, owner of Yellow Cup Cafe (225 The East Mall), opened for business 10 years ago, she did it for herself, though the fact that she was the only game in town certainly didn't hurt either.

"When I opened, there was nowhere to go to find a restaurant around here. I said, 'I have to open something I'd like.' I figured if I opened something for myself, people would like it too and it's worked for me so far," Ryba said.

**CONT. ON NEXT PAGE>>**

The Yellow Cup Cafe is located at 225 The East Mall.

PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA
Barbara Ryba (not pictured) opened Yellow Cup Cafe 10 years ago because she was filling a restaurant void in The Queensway, she says.


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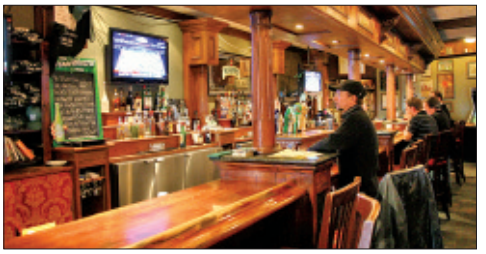
PHOTOS: RAFAEL BRUSILOW/FOR METRO CANADA

Michelle Zanussi says the business and residential aspects of The Queensway are what has mande Scruffy Murphy's a success.



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While other coffee shops have opened in the area since, an increasing base of customers has meant Ryba's business, like many others in the area, are managing well despite the greater competition.

"Business is growing and there's been positive change here. We have customers from houses, offices and everybody from old to young. It's good because you can attract every type of customer here," Ryba said.

At nearby Irish pub Scruffy Murphy's (225 The East Mall), general manager Michelle Zanussi agrees the area's best quality is the wide range of both residential and business clients it provides, though it means more work to get them all to step through the door.

"There's a steady, mixed demographic here with a lot of different age groups to serve. It's been a bit of a challenge because we have to be aggressive as far as marketing goes but we've developed some really long-lasting relationships with customers," Zanussi said.

"The business owners here do help each other out — it just makes the whole neighbourhood more profitable and better off overall for everybody," Zanussi said.

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**Graduate recruitment a priority for Concordia**
At an open meeting last week on Concordia University's academic landscape, the institution's provost focused on the importance of recruiting and retaining top new faculty and students, particularly graduate students, and the various measures in place to meet that challenge. METRO NEWS SERVICES

# Some tips for selling your biz

**Most business owners have built their company from the ground up and often bank on the success of its sale to fund their retirement, their family's future, or other business opportunities.**

Although owners generally know their business better than anyone else, far too many underestimate the complexity of the sale process.

Here are some ways to avoid common mistakes owners make when trying to sell their business:

When selling your business, negotiations should be lead by experienced professionals.

## Succession plan

By preparing a succession plan or exit strategy in advance, usually you have the opportunity to be in control of the sale process and sell on your terms.

Taking a proactive approach will allow you to:

- Pay less tax on the proceeds
- Enhance the value of the business
- Position your business in the best possible light

## Find the right buyer

Competition provides negotiating leverage and is key to achieving premium pricing and favourable terms on a transaction. The business should be offered to a limited number of pre-qualified buyers in a controlled process, which encourages competition while maintaining confidentiality and control over the flow of information.

Sale transactions often fail because of the inability of buyer and seller to come to an agreement on price. Most business owners invest much of themselves in their business. It helps to get independent and objective advice on how a purchaser will view the business and what is realistic to expect from a market transaction.

To achieve the best results, the seller must maintain control of the transaction process.

## Stay confidential

Confidentiality is critical, as misinformation can have a disastrous effect on operations and result in termination of the transaction. It is essential to have an action plan that includes the appropriate timing and content of communications to employees, suppliers and customers.

Timing and information should not be released too soon in the process, as providing exclusive rights in the early stages can weaken your negotiating leverage and increase the risk of falling victim to potential bidding tactics.

Negotiations should also be lead by experienced and credible professionals, which would reduce the risk of emotional decision-making and could significantly increase your chance of receiving favourable terms.

A business owner seldom has the time or resources to effectively manage a transaction, which can affect the operation of the business and could decrease the value of the business and add strain to personal relationships.

## Go pro

A professional Mergers and Acquisitions (M&A) adviser can guide an owner through the transaction process, by planning an exit strategy, providing an objective valuation, helping identify a wider range of potential buyers and assisting in the negotiations throughout the transaction process.

If you are considering selling your business, Aon's M&A Transaction Advisory Group can guide you through process. More information can be found online at aon.com/successionplan. NEWS CANADA

## Workology in brief

**NOT ADMITTED?** A recent blog entry from the Chronicle of Higher Education focuses on the University of Virginia's admissions office and the first business day after decisions went out, which was all about dealing with the omitted. Of the nearly 500 calls the office received that day, one mother had asked whether her child had been denied admission because of the family's surname, which was Indian. More than one caller said they knew of an admitted student who was less qualified than their children, who were rejected.

**ADVANTAGE IN BEING DISADVANTAGED** A new paper from the U.S. suggests that students who are least likely to attend college gain the strongest economic benefits from obtaining a degree. The study reports that the college wage premium — the wage differential between high school and college grads — appears to be strongest for people from socio-economic groups that are least likely to go to college in the first place. Drawing data from a pair of longitudinal surveys, the paper found that men and women with the lowest college-going propensities earned 30 per cent and 40 per cent more, respectively, after finishing college than their non-college peers. METRO NEWS SERVICES

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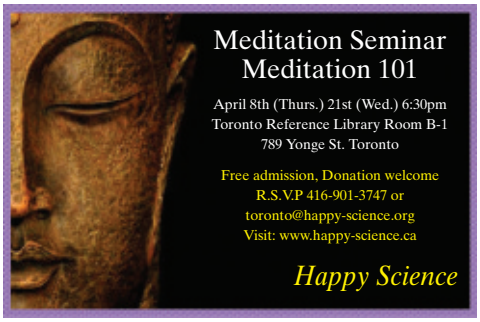

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United BioSource Corporation (UBC)* is conducting a research project in which we are trying to gain a better understanding of how cardiovascular events impact people's lives.

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**UBC will compensate volunteers for their time.**
**Participants must be between 35 and 74 years of age.**

If you are interested in learning more about this study, please contact UBC by phone:

**1-877-885-0793**

**Please quote reference: 9367**

**We would like to thank you for your time and consideration.**

*United BioSource Corporation is a research organization that undertakes research on behalf of pharmaceutical and health care organizations world-wide. It focuses on issues relating to health economics, and quality of life, specializing in outcome studies, economic evaluations, and policy research.

# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

# Becoming a superchick

## Website shows ways to stay fit while doing your chores

ROMINA MCGUINNESS
Metro World News

ROB MATTHEWS/METRO WORLD NEWS

UK TV presenter Georgie Thompson, left, and personal trainer Cat Dugdale have developed a new online female fitness program, iamsuperchick.com.

**Women are no longer going online simply to check up on their latest eBay bargains. Iamsuperchick.com, an online female fitness program developed by Georgie Thompson, from UK's Sky Sports, and personal trainer Cat Dugdale is giving women the opportunity to follow a fitness regime, while simultaneously cleaning their house or changing a nappy.**

Metro spoke to Thompson about credit crunch fitness, cocktails and the ultimate hangover cure.

Most women would rather sit on the couch cradling a glass of wine in one hand and peanuts in the other than train.

"Women won't stick to an unrealistic training programme, no matter how committed they are," Thompson said.

"We offer an alternative; online programmes and home videos they can fit into their hectic lifestyles. The reason Cat and I created iamsuperchick.com was to help women who enjoy fitness but are too intimidated by it. From the Yummy Mummy workout to the Fight Club, the website covers for all.

**website**

- For more information visit iamsuperchick.com.

"If we're going to put ourselves out there as a female fitness brand which responds to the demands of women, it must be reflected in the service," explains Thompson.

Whether you use a can of spaghetti hoops as weights (great for your bingo wings) or go into lunges while hoovering, it's all about shedding pounds away from prying eyes.

"Using what you have lying around the house and turning your front room into a gym is part of our credit crunch appeal," Thompson said. "Fitness should be more light-hearted, not about fancy equipment or spending a fortune on personal trainers."

Some women fall in the trap of slacking, or even cheating.

"Unless you've got a personal trainer tracking your progress, no one can guarantee your accountability other than yourself."

As it turns out, most superchicks really do want to be accountable.

"We make exercise fun. We have an alcohol calculator, interactive training diary and fitness assessment charts as well as Motivation Monday, where we send members an electronic cupcake. When you operate an online business it's important to connect in a more personal way and Motivation Monday is one way we do that."

# Hoopilates craze growing

## Kids game of hula hooping a great low stress workout

ROMINA MCGUINNESS
Metro World News

**Release your inner child as you get back to playground basics. From the glamourous Michelle Obama to your average sticky fingered five year old, everyone loves a bit of a swirl. Combine the cardio of hula hooping with the pull of Pilates for an all round body workout.**

Hoopilates tones and sculpts the entire body, from your abdominals, to your hips to our thighs.

"Although hula hooping is very much about connecting with your inner child, this is an adult workout," explains Saharah Ali, Hoopilates trainer at Crunch Gym New York.

"The entire body is engaged throughout the class, from your muscles to your mind. The class begins with ten minutes of intense hula hoping in order to get the heart rate going, burn fat and increase the cardio vascular system.

"You hula to the right then to the left incorporating arm moves and leg lifts as you go along. This will make you leaner and stronger from head to toe. Good bye doughnut rolls and muffin tops, Hoopilates will leave you trimmed and sculpted."

The main challenge of the workout is keeping the hula hoop up and retaining your body balance. Concentration is key as you need to focus on your hand and eye coordination.

WIN MCNAMEE/GETTY IMAGES

Even Michelle Obama enjoys doing a little hula hooping. Trainer Saharah Ali says hula hooping is an entire body workout.

The workout helps revitalize the nervous system , helping to keep your mind alert, and reversing the aging process.

"Hoopilates creates the same mental stimulation as doing a crossword puzzle, the brain is working alongside the body throughout — it's a 360 degrees class," says Ali.

Ali will alternate the intense hula hoping bursts with mat pilates every ten minutes of a one-hour class.

"We'll do scissor kicks, hundreds, the saw, leg bounces and sometimes use smaller hula hoops for balance work. We end the class by picking up the hula hoops one last time and go as fast as our hips will rotate."

One average people will burn between 300 to 500 calories in one session. It's great for those who want a non-aggressive workout (no strain is applied on joints or the back) and those with balance problems.

Hoopilates is ideal for those who have an issue with hard core cardio such as running or aerobics. Hoopilates is also a personality based, you need to lose all inhibitions before you start swaying and sweating to the music.

Saharah Ali's favorite music tune to get the hoop rolling? Vogue, by eighties pop icon, Madonna followed by the Black Eyed Peas's will.i.am's I Got it From Your Momma.

"I get the class to strike a Madonna pose while they hula hoop, it keeps the fun feeling going."

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# Water can do wonders for you

ROMINA MCGUINNESS
Metro World News

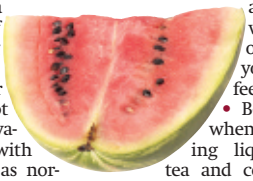
**What water does to your body and skin**

The human body is made up of between 55 per cent and 75 per cent water and constantly needs to be replenished if the body is to function at its best. On average, people should aim to drink two liters daily in order to replace natural fluid loss (through sweating, breathing etc…).

• Water helps to flush out the by products of fat breakdown. This process is essential for people trying to lose weight as water dilutes the waste products, allowing them to be removed form the body more rapidly.

• Dehydration (a consequence of not drinking enough water) means that your body does not have sufficient water to carry on with bodily functions as normal, leading to some unpleasant feelings. Symptoms include fatigue, headaches, dizziness, thirst and muscle spasms.

• Water can act as an effective appetite suppressant. A common mistake is confusing hunger pangs for thirst. Drinking a glass of water when the feeling first manifests itself will help you realize which one it is you are feeling.



• Be careful when choosing liquids — tea and coffee are both powerful diuretics, excessive consumption will cause you to lose a lot of water.

• Water is calorie free, so you can drink as much as you like.

• In order to get perfect skin you must not only be hydrating externally, but internally. Drinking lots of water, or alternatively, eating fruit or vegetables with a high water content is one of the best things you can do for your skin. Water will make your skin look more plump and radiant thanks to the added moisture.

## Water super foods

• Grapes 83 per cent, tomatoes 97 per cent, aubergine 92 per cent, strawberries 91 per cent, watermelon 93 per cent.
(Approximate water content)

## Problem Solved

You ask, our beauty expert answers

**What is the best way to apply mascara to get full lashes without smudges on the eyelid?"**
**– Toby Miller**

• The first step is to wiggle the wand left to right at the base of the lashes. It's the mascara placed near the roots, not the tips, that gives the illusion of length," says celebrity makeup artist Talia Shobrook. "Next, pull the wand up and through the lashes, wiggling as you go. The wiggling part is key because it separates the lashes. Then close the eye and place the mascara wand on top of the lashes at the base and pull through to remove any clumps. Last, use a lash comb to get rid of any excess clumps."

• Email your beauty questions to us at style@metro.lu and we'll have a style expert answer them.

**Maybelline New York Lash Stiletto, $9, maybelline.com**

## In brief

**IPAD** The Apple iPad can help you get fit, at least that is what the people at Men's Health are hoping. Men's Health announced that a digital edition of the publication designed exclusively for the Apple iPad will be available for purchase for those lucky enough to get their hands on one. The April issue of the magazine will be available for download in the Apple iTunes store for $4.99.

METRO NEWS SERVICES

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# Training like a Titan

**Extreme Fitness, a fitness club chain in Toronto, and Warner Bros Canada want you to look and feel like a titan. Professional wrestler, fighter and fitness trainer George Kiriakiou has come up with a sequence kick-butt moves to do just that.**

"The program combines fitness training of an elite athlete with training of a professional martial artist," says Kiriakiou. "The Clash of the Titans Warrior Workout focuses on improving your mental state so that you can lose weight, increase energy, burn fat, increase core strength and get a god or goddess-like figure."

### THE TITAN PUSH-UP

**Step 1:** Place both hands in front of you on the ground, shoulder width apart. Place feet wide apart, making sure that both arms and legs remain straight. Back must remain flat with your head looking forward, getting ready to do the push-up.

**Step 2:** Slightly bend your arms, causing you to bring your upper body down and forward. You want to remain having a flat back as you skim your torso across the floor.

**Step 3:** Continue moving your body forward and up until your arms are straight again. This will cause your lower back to arch as your hips become lower to the ground. As a result your back should be arched slightly while you are thrusting forward.

### THE TITAN SQUAT

**Step 1:** Begin your Titan Squat in a basic squat position. This means that your feet are shoulder width apart and your arms are straight in front of you. Bend your knees so that your legs make 90 degree angles.

**Step 2:** From the basic squat position, jump up as high as you can while making a 180 degrees switch of position in the air.

**Step 3:** After completing a 180 degree jump, you want to land in the same squat position as in step 1.

### THE TITAN LUNG

**Step 1:** Start off in a lunge position. Place your left foot in front and bend both legs until both legs end up in a 90 degree angle. Back should remain straight and in an upright position.

Step 3 of the Titan Lunge.

**Step 2:** From the initial lunge position, engage your glute muscles, your core muscles and your quadriceps to help give you the strength and power to jump up.

**Step 3:** Finish your Titan Lunge in a basic lunge position.

### THE TITAN SPRAWL

**Step 1:** Begin on your knees with your back straight. Make sure that your knees remain shoulder width apart.

**Step 2:** From the position in step one, use your arms to help elevate you as you jump from your knees to your feet.

**Step 3:** Land your jump from your knees onto your feet. You want to land in a squat position. Make sure that as you transfer from your knees to your feet, your back remains straight and your feet remain shoulder width apart.

**Step 4:** Jump up as high as you can. This is an explosive movement that requires you to perform the jump as soon as you feet from step 3 are on the ground.

**Step 5:** As you land your jump, bend over and place your hands on the ground shoulder width apart.

**Step 6:** Sprawl. Shoot your feet back so that your hips are touching the ground. Your feet should be slightly wider than shoulder width and your arms should be straight.

Step 1 of the Titan Sprawl.

## Warrior workout

- The Clash of the Titans Warrior Workout is a group fitness class that will run exclusively at Extreme Fitness tomorrow and next Wednesday. To register, please email: titans@extremefitness.ca.

# Staying in good shape will make your sex life better

The J Spot

metronews.ca/thejspot

## Presenter

- Josey Vogels will be one of the presenters at the Feminist Porn Awards this Friday, For more info visit the Sexcetera blog at metronews.ca.

Okay so that New Year's Resolution to start exercising and get in shape never amounted to anything. Maybe you just need some added incentive. How about this? Regular cardiovascular exercise will improve your sex life.

In a study at the University of California, San Diego, 78 sedentary middle-aged men (their average age was 48) did aerobics every other day for an hour. After nine months they made love 30 per cent more often and masturbated 50 per cent more often.

That's because exercise not only relieves stress, relaxes you, increases your energy and stamina, and improves self-esteem and self-confidence (all very sex-positive), working yourself into a big, smelly sweat actually also makes you randy. Cardiovascular exercise elevates endorphins in your bloodstream and increases adrenaline and testosterone (in women too) — all the things your brain needs to make you want to say, "Do me!"

There are other sex-specific benefits from exercise. For women, regular exercise keeps your genitals nice and fit. Like other muscles in your body, the ones around your vagina get flabby with age leading to incontinence or a prolapsed uterus. As fun as all that sounds, regular exercise can help to avoid these problems.

And guys, you're not always going to be the studly young things you are now. Men's levels of arousal and their ability to maintain erections wane as you age. Regular exercise will keep your blood pumping … everywhere.

Also, a good set of butt and lower back muscles will give you stamina and keep you from collapsing while you're doing the deed.

Abs of steel, strong thighs and a decent set of shoulders don't hurt either, and that goes for men and women.

Finally, sex in itself can be a good workout. During a good session of sex (the kind that leaves your legs rubbery and your head light), your heart rate multiplies as much as three times, and your breathing is almost twice as fast.

You can also burn between 200 and 300 calories. And a good, toe-curling orgasm helps tone every muscle in your body. Most cardiovascular fitness routines recommend that to get and keep fit you need to raise your pulse and keep it an increased rate for 20 minutes, two or three times a week. So if you can't afford a gym membership…

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Earth Day Jour de la Terre CANADA

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LABORATOIRES KLORANE THE POWER OF PLANTS

**Fish & chips turns 150**

This year, fish and chips is celebrating its 150th birthday. That date is according to the National Federation of Fish Friers, which represents about 8,500 fish and chip shop owners in Britain. THE ASSOCIATED PRESS

# Food

## Tried and true recipes

**Family and neighbours at Jeanelle Mitchell's summer cottage in northern Ontario have been the lucky recipients of her fabulous salads over the years. "Last summer I tested every recipe for this new book at our cottage," says the author of For The Love of Salad (Whitecap, paperback, $19.95). In addition to recipes, the book also provides tips on cutting and preparing vegetables and the basic principles behind creating a spectacular dressing.** THE CANADIAN PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

# Spring brunch classics

## Welcome the season with a fresh omelette and tomato salad

**Spring has sprung! And, for once, it's even come a little early.**

Celebrate the warming weather and budding blossoms with a spring brunch full of bright, fresh flavours. Invite a few friends over, pour the mimosas (champagne mixed with freshly squeezed orange juice and a splash of curaçao), sit back and enjoy. Heck, you may even be able to throw open the windows.

An omelette is a brunch classic, and nothing says spring more than fresh eggs. This Open-Faced Omelette with Turkey Sausage, Swiss Chard and Fontina Cheese has a wonderful variety of flavours, including the mild creaminess of the Fontina, and the earthiness of the Swiss chard. Swiss chard tends to be underappreciated, but it's full of vitamins and a great source of dietary fibre. Best of all, its stems come in a variety of colours, and you can use them interchangeably.

A simple Fresh Tomato Salad is a beautiful pairing for the omelette, and is ready in a flash.

- CHRISTY PENGILLY

CARLO MENDOZA

Open Faced Omelette Turkey Sausage, Swiss Chard and Fontina Cheese.

### Open Faced Omelette with Turkey Sausage, Swiss Chard and Fontina Cheese

SERVES 4
PREP TIME: 5 MINUTES
COOKING TIME: 10 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

**INGREDIENTS:**

- 6 eggs
- 2 Tbsp milk
- 1/2 tsp kosher salt
- 1/4 tsp freshly grated black pepper
- 1 Tbsp olive oil
- 8 ounces turkey sausage, casings removed
- 2 green onions, thinly sliced (about ¼ cup)
- 1 bunch Swiss chard, cut crosswise into 1-inch chiffonade (about 4 cups)
- 1/2 cup fontina cheese, grated
- 4–5 basil leaves, torn

**METHOD:**

1. Preheat broiler to high.
2. In a medium bowl, lightly whisk eggs, milk, salt and pepper and set aside.
3. At medium high, heat oil in a 10-inch oven-safe non-stick skillet. Add sausage and cook, breaking into smaller pieces with the back of a wooden spoon until cooked through, about 4 minutes. Add green onions, stir 20 seconds until beginning to wilt, transfer to a plate and set aside.
4. Return skillet to heat; add Swiss chard and cook, stirring until beginning to wilt, about 3 minutes. Add sausage mixture to pan and stir. Add eggs to sausage mixture and tilt pan to cover bottom with egg mixture and distribute ingredients evenly. Push eggs away from sides and let uncooked eggs run to bottom of pan to cook. Sprinkle basil over egg mixture and cover top of omelette with cheese.
5. Cook for 3 to 5 minutes, until eggs are just set on the bottom. Transfer skillet to middle rack of the oven and broil until top is set, about 3-4 minutes. Cut into wedges and serve immediately.

CARLO MENDOZA

Fresh Tomato Salad.

### Fresh Tomato Salad

SERVES 4
PREP TIME: 15 MINUTES
SUBMITTED BY GREG STEWART, ST JOHNS, NL; TESTED BY JILL CASHMAN

**INGREDIENTS:**

- 5 Roma or on-the-vine tomatoes
- 1 small red onion, minced
- 1 clove garlic, pressed
- 4 Tbsp lemon juice (or red wine vinegar)
- 1/4 cup olive oil
- 1/4 cup fresh Parmesan
- Pinch dried oregano
- Pinch fresh parsley or chives, minced
- salt and pepper to taste

**METHOD:**

1. Wash and cut tomatoes into bite-sized pieces.
2. Combine red onion, garlic, lemon juice and olive oil. Mix to combine. Add spices and salt and pepper to taste.
3. Toss tomatoes in dressing. Grate Parmesan onto tomatoes before serving.

*Visit 20minutesupperclub.com/metro to find these and many more delicious ways to welcome spring.*

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**Focaccia with a twist**
Like pizza and hamburgers, focaccia can be pretty much anything you want it to be. For a still simple, but more pizza-like approach, top it with thinly sliced tomatoes, crumbled feta cheese, rosemary and olive oil. THE ASSOCIATED PRESS

## In brief

**NUTRIENTS** Facts on how some vital nutrients perform:

- Omega-3 fatty acids: A type of polyunsaturated fat that may help reduce the risk of heart disease, cancer and rheumatoid arthritis.
- DHA/EPA: Essential fatty acids that maintain the healthy function of the brain, retina, cardiovascular system, human growth, and insulates the body against heat loss and cushions tissues and organs.

Source: Health Nutrient Bible: The Complete Encyclopedia of Food as Medicine.

THE CANADIAN PRESS

## Season-friendly wines for warming temperatures

LiquidAssets

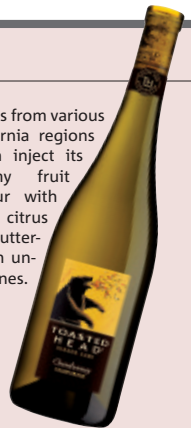
Peter Rockwell

metronews.ca/liquidassets

Winter has its advantages. When the weather outside is frightful I've got the perfect excuse to avoid all the outdoor work I hate so much. Sadly, come spring the lawn, the peeling paint and that deck of mine (that I really should stain) start to call out to me.

One of my resolutions for 2010 was to spend more effort keeping the Rockwell mansion shipshape and over the last few days I've thought long and hard about keeping that promise to myself. Since I think best with a glass in hand I got the wheels turning with a couple of season friendly wines.

Though over oaked whites may have fallen out of favour with the masses; a fresh, tropical chardonnay with just a little wood matches nicely with springy aromatics and lighter menus. The **2008 Toasted Head Chardonnay** ($16.95 - $17.99) gets its grapes from various California regions which inject its creamy fruit flavour with soft citrus and butterscotch undertones.



Warming temperatures match best with lighter reds and the **2008 La Vieille Ferme Rouge Côtes du Ventoux** ($11.95 - $13.99) — made by France's Perin et Fils at the southeastern edge of the Rhône Valley — is all about bright, relaxed, red berry fruit.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.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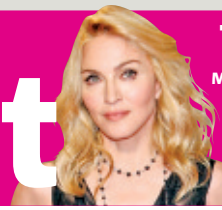
**Brangelina in Bosnia**

Angelina Jolie and Brad Pitt visited Bosnia yesterday, intending to spotlight the plight of 117,000 people who have not able to return to their homes, even though the Bosnia war ended 15 years ago. THE ASSOCIATED PRESS

# Entertainment



**The first brick**

Madonna will lay the first brick of her Raising Malawi Academy for Girls today, signalling the official start of construction of the $15 million academy, set to open in 2011. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

# Rufus Wainwright plays on

TheAudioFiles

Bryan Borzykowski
metronews.ca/music

Rufus Wainwright's new album, All Days Are Nights: Songs for Lulu, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer. She died in January.

Rufus Wainwright has always been an emotional artist — he's written about his addictions to drugs, talked openly about his sexual history and he hasn't shied away from singing about his famous family. But his latest record may be his most introspective yet. The album, All Days Are Nights: Songs for Lulu, was written while his mother, the popular Canadian folk singer Kate McGarrigle, was battling cancer.

She died in January, with Wainwright, his songwriting sister Martha and his folk singing father, and McGarrigle's ex, Loudon Wainwright III by her side.

When I spoke to the Montreal-raised artist about two months after his mother's death, he sounded exhausted. But, as usual, he didn't shy away from talking about his personal life.

"There have been times where I've just been going through the motions," he says on the phone from a beach house in Montauk, N.Y., recalling some concerts he's played recently. "But I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings. I was completely flabbergasted and beside myself. There's a musical language that corresponds to her spirit for sure."

Whether it's real or imagined on my part, that spirit seems to be all over his new disc.

The record is a stunning collection of haunting piano and vocal-only songs that deal with illness, loneliness and also hope. Not every song is explicitly about his family, but tracks such as Martha, tackle his mother's cancer — and his relationship with his sister — head on.

"One of the great natural mysteries of the musical world is my family," he says half-joking, explaining why he writes about his relatives. "The fact is we are all successful, but not we're the Jacksons thank God. We've all managed to carve out our own singular sounds that are in one way distant, but also complementary to each other. It's a real anomaly."

The songwriting on this record gives those heartfelt lyrics an even softer edge. The spare instrumentation (though the piano is incredibly complex) is a far cry from the artist's usual over-the-top musical-like pop. It was as if he wanted to bring his songwriting back to basics so he could show off just what he learned from his mother and father over the years.

McGarrigle did get to hear some of the album — if not on record, at least while has he was writing. Because the piano arrangements were some of the most involved pieces he's ever composed, he had to practice — a lot.

"My poor mother was ill upstairs, and be-

> **"I'd hit a chord and sing a note and somehow it just opened the floodgates to a sea of memories and feelings."**
> Rufus Wainwright

cause I was really hammering out this album it wasn't a delightful listening experience," he says. "I'd go upstairs and she'd be like, 'I'm not sure about this record, it sounds good to see live, but it's a bitch to listen too."

Wainwright knows he still has many months ahead of him before the grief begins to subside, but that won't keep him from playing. If anything, his mother's death will keep him going. "When she died there was this almost instantiations and incredible reaction from the world press about her," he says. "It wasn't just about her being our mother, or being part of the McGarrigle sisters, but even about her own quirky view on things. There was a strong sense of a major accomplishment and legacy that I have to propagate."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

# Jackson family turns out for doctor hearing

**The doctor charged in Michael Jackson's death faced only a procedural hearing yesterday, but it prompted authorities to brace for a crowd of fans and media as well as more than a dozen members of the deceased superstar's family.**

Dr. Conrad Murray has pleaded not guilty to involuntary manslaughter, and the hearing in Los Angeles Superior Court was aimed at assigning a judge to try the case and setting a preliminary hearing date.

Normally, such a procedural hearing would draw few spectators. But with Jackson's death as the backdrop, crowds of fans and media were expected. And Jackson family members, including his parents and siblings, are committed to attending all court proceedings against Murray. Some have suggested the charge of involuntary manslaughter is not severe enough.

If convicted, Murray would face a maximum sentence of four years in prison.

Dr. Conrad Murray

Sandi Gibbons, spokeswoman for the district attorney's office, said the Jackson family notified court officials of their plans because seats need to be reserved for them in the courtroom. "There will be more than a dozen, possibly as many as 15," she said.

Allan Parachini, spokesman for the Los Angeles courts, said a large contingent of international media also was expected and the sheriff's department was preparing for a crowd.

"It's basically a housekeeping hearing, but it will be the housekeeping hearing heard around the world," said Loyola University law professor Laurie Levenson.

Among items to be addressed by supervising Superior Court Judge Peter Espinoza is Murray's fight to keep his medical licence. The California Attorney General, representing the state medical board, has moved to revoke his licence pending trial. Murray says that if he can't continue practising medicine he will have no way to pay for his defence.

The doctor has a history of serious financial problems and his attorneys, Ed Chernoff and Joseph Low, said in a court filing that the effect would be devastating to Murray.

THE ASSOCIATED PRESS

**Benji throwing bombs**

Forget delivering hit songs — Benji Madden can deliver knockout punches. The Good Charlotte rocker defeated former MTV host Riki Rachtman on the weekend in a celebrity slugfest in Las Vegas, People reports. METRO NEWS SERVICES

Passenger Side, which Superchunk helped co-ordinate the music for, revolves around two brothers touring Los Angeles.

# Mac in musical driver's seat for Passenger Side

BRYAN BORZYKOWSKI
for Metro Canada

**Premiere**

- On Wednesday, Mac McCaughan and Jim Wilbur from Superchunk and Portastatic will be at Royal Cinema in Toronto for the premiere of the film Passenger Side (passengerside movie.com).

Mac McCaughan has pretty much done it all in his two decades in the music industry — he fronted seminal indie rockers Superchunk, found success again with Portastaic and launched the Arcade Fire and Spoon's careers on his Merge Records label. But, it wasn't until he teamed up with a little know Canadian director did McCaughan add film composer to his CV.

In 2002 the venerable songwriter was approached by Matt Bissonnette, a budding Montreal filmmaker, at a show. He handed McCaughan a script and asked him if he could write music for it. "He contacted me out of the blue," says the still-active musician.

He jumped at the chance to write original instrumental music for Looking for Leonard. Until that point McCaughan's non-band composing experience was for a few commercials his friends directed. Eight years later, McCaughan's only added two more movies to his film scoring oeuvre — 2006's Who Loves the Sun and the soon-to-be released Passenger Side — both Bissonnette films.

But just because he hasn't done more movie work doesn't mean he won't in the future. "I haven't put myself out there as a composer for hire," he admits. "But if someone wants me they have to be fans of Superchunk or Portastaic."

Passenger Side revolves around two brothers driving around Los Angeles. While McCaughan wrote one song for the soundtrack, his job this time around was to find other people's music that would fit the road trip scenes.

"Matt basically said come up with a dream list and see what you can get," he says. "He gave me a list of the type of stuff he already had in mind and I add a whole other list."

In the end, McCaughan, who is playing a rare set of music tomorrow night at the Royal Theatre after a screening of Passenger Side, came up with a soundtrack that any indie rocker should love. It features songs by Leonard Cohen, Wilco, Chad VanGaalen, Silver Jews, Islands and more.

Securing all this music wasn't as easy as you might think. "It was just a matter of getting people's attention," McCaughan explains.

"A lot of stuff comes down the pipe for a band like Wilco. The same thing happens for our bands — people say we would love to have a song in this movie but we don't have money, so it's a matter of which things does a band pay attention to."

Luckily, having the popular artist in charge of the soundtrack prodded a number of acts to jump at the movie. "I think having me on board helped for a certain extent," he says.

"I can say I like the movie, I've worked with the director before and it's not something cheesy."

# Picking up where they left off

## Deschanel's warm personality shines through on She & Him's latest

CAM LINDSAY
for Metro Canada

**A lot of talk about She & Him — Zooey Deschanel's band with M. Ward — has been focused on how it is actually possible for an actor to have a lovely set of pipes and the ability to write a great album.**

Many consider Deschanel to be the exception that proves the "actors suck as musicians" rule, but her talent shouldn't have been such a surprise considering her colourful background in music. To her, She & Him is no vanity project: "I am constantly writing songs," she says. "It's my favourite thing to do."

She & Him's debut, Volume One, felt like a revelation when it was released by Merge Records in 2008. Since then, Deschanel has found her acting career soaring higher than ever thanks to last year's breakout hit 500 Days of Summer and this fall's forthcoming fantasy/comedy Your Highness.

She & Him have released their second album together entitled Volume Two.

Zooey's schedule definitely forces her to balance two careers, but the way she sees it, her hectic life helped shape the second She & Him album, Volume Two.

"I had less time to write the second record," she explains, "but I think that gave the songs an immediacy that the first record didn't have because those songs had been written over a number of years."

Volume Two follows in One's footsteps. Deschanel's warm melodies and sweetheart persona shine throughout Ward's sweeping arrangements. Together they overflow like a timeless pot of 24-karat AM Gold.

Deschanel says making this second album wasn't much different from how they made its predecessor.

"There was no conscious effort to do anything but make a sincere record that we are proud of," Zooey says. "I think we just wanted to make something that came organically out of the experience in the studio."

Ward, an established singer-songwriter of his own, is renowned for his rustic approach to recording. As She & Him, the pair works as kindred spirits bonded by a love for old school charm.

"I like the warmth of old records, the sound of analog equipment, the songwriting," Zooey says. "A lot of music today sounds sort of like robots, which is fine, but I prefer humans."

As for how long they'll continue to make music like humans, She is leaving it up to Him. "As long as Matt wants to work with me I would like to work with him," she says.

MICHAEL BUCKNER/GETTY IMAGES

Zooey Deschanel of She & Him performs songs from their last album at Barney's New York

**Becks takes on Russia**
Victoria Beckham is expanding her fashion empire into Russia. She has secured a distribution deal with one of the country's top department stores. Her lines of denim jeans and sunglasses will be sold at Tsum. FEMALEFIRST.CO.UK

# A puzzle falling into place

## Lady Antebellum credits riding a wave of fate to success

KEITH CARMAN
for Metro Canada

Lady Antebellum, the Tennessee-based pop-country act dismisses claims they're a fabricated group.

**Fate: For some, it's a predetermined fact yet to be revealed. To others, fate is a sick joke slapping its vicious punch line on us at our weakest. A select few even see it as little more than non-existent fallacy.**

When it comes to Nashville, Tennessee-based pop/country trio Lady Antebellum however, it's hard to argue that fate isn't real. Formed so recently as 2006 by vocalists Charles Kelley, Dave Hayward and Hillary Scott, their debut album proved such a success that it certified platinum sales status in the U.S./gold in Canada almost instantaneously during a time when music sales are at their lowest ever.

Proving that achievement no fluke, however, the trio's sophomore full-length Need You Now (EMI) has reached Number One across charts within its first three months of release, garnering the same sales status as its predecessor in the U.S. With Canadian country music fans quickly picking up on its fetching harmonies, candied melodies and overall virility, fate seems to have dealt some beneficial cards to this outfit.

"We're lucky to have voices that blend so well together," beams Hayward in agreement. "All of the puzzle pieces just fit together. There are too many things that (occurred) where if one of us just turned a different way one day, this whole thing would never have happened. It was fate."

Yet all is not sunshine in the world of Lady Antebellum. With expedient success comes many detractors and while the band is prepared for some typically reactionary opposition, there is still one aspect that Kelley, Hayward and Scott are still chagrined to experience: accusations that they are little more than another corporately manufactured product designed to sell.

**"All of the puzzle pieces just fit together. There are too many things that (occurred) where if one of us just turned a different way one day, this whole thing would never have happened. It was fate."**
Dave Hayward

"We're not fabricated," Kelley asserts. "I read it all the time but Nashville didn't put us together. In fact, it's quite the contrary. Hillary and I ran into each other. Dave and I have been buddies since childhood and encouraged each other to give this a shot. We put together our first shows, invited people out and wrote songs. When I read that, I wonder who they think put us together. We were lucky enough to have people come on board that want to help but this is extremely organic."

Maintaining composure in the face of adversity regarding their origins, Scott notes that while Lady Antebellum is saddened that some people refuse to believe in the fortune of fate, they are optimistic that their creative authenticity and earnestness will prevail.

"We don't get hung up on (deprecation)," she notes. "I hope people see that we are genuine. We put our blood, sweat and tears into these songs. These guys just wanted to be songwriters and I was working on a solo project when I met them. They're my creative soul mates. At the end of the day you have to live with yourself knowing you've been honest in your creativity and we can do that. If people look deeper, they'll see the sincerity in what we do."

Sikhanyiso Dlamini is the senior princess of Swaziland.

# Swaziland princess living her U.S. dream

ELISABETH BRAW
Metro World News

**MUSICAL ROYALTY** She loves rap music, is studying for a degree in drama, and has worked part-time as a model. But Sikhanyiso Dlamini isn't just another student at Biola University in Los Angeles; she's the senior princess of Swaziland, Africa's only absolute monarchy.

"Here in the U.S. I feel exotic," Sikhanyiso tells Metro. "The King wanted me to go to university in the United States. He wanted me to attend Columbia University, but my mother voted for Biola."

The 22-year-old Princess, ranked 20 on Forbes' list of the world's hottest young royals, has a certain rebellious streak. In 2004, she hosted a party on the eve of the traditional reed dance, when thousands of unmarried Swazi girls perform ritual topless dances in front of the royal family. (Young women travel from other countries to dance, too.)

Unfortunately for the princess, the party featured both alcohol and loud music, offenses for which royal officials beat her with a stick.

Today Her Royal Highness plays loud music every day — and performs it. "When I'm not in class, I basically play all day," Sikhanyiso says. "I'm really into rap music and multimedia, and Los Angeles is the place to be for that."

Sikhanyiso's father is King Mswati III, who has 23 children with his 14 wives. Mswati has lead the kingdom, located inside South Africa, since 1986, when he succeeded his father, King Subhuza II, at age 18.

"In Swaziland I dislike the fact that there's so much pressure on me," says Princess Sikhanyiso. "I love it when people come and ask me for help. Of course, the good part about being a princess is that I have a voice and access to anything I want."

The same goes for the King, who dons traditional garb for Swazi rituals but favors elegant suits. His wives often travel abroad to shop. Last year, a group of them spent $6 million on such a trip.

After graduating from Biola University, Princess Sikhanyiso plans to return to Swaziland. "I want to create a multi-media center at home, because our country doesn't have any place that teaches things like film, dance, photography and music.

"In the longer run, I want to create a film industry in Swaziland. We have so much talent, but people are stuck in low-paying jobs."

But she will miss the U.S., where she moved after attending secondary school in England.

"I'm not the dating type; I'm the marrying type," she explains. "I'm not ready to marry, but American men would be a good reason to stay here. And people here are like me. I've always felt like an outsider, even in Swaziland."

# Dennis Hopper ordered to pay child support

**COURT** A judge says Dennis Hopper's estranged wife and daughter will be allowed to live on the actor's property while the couple engage in a bitter divorce.

A judge also ordered the ailing actor-director to pay $12,000 a month in spousal and child support costs. The 73-year-old is battling prostate cancer and his attorney repeatedly described him during a hearing yesterday as being "desperately ill."

The Easy Rider star did not attend the hearing, but his estranged wife, Victoria, and his adult children were present.

Judge Amy Pellman sternly admonished them to try to work together to ease the impact of Hopper's likely death on the couple's seven-year-old daughter.

The divorce has seen numerous allegations lobbed by both sides.

Dennis Hopper
THE ASSOCIATED PRESS

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A medieval-themed live action role-playing game turns ugly in The Wild Hunt, out this Friday.

# Greek tragedy gone Wild

STEVE GOW
for Metro Canada

**For someone who has been racking up awards at such recent events as The Toronto International Film Festival, it's slightly surprising director Alexandre Franchi would deny being a so-called "movie buff."**

"Too many people make movies about movies so it's always self-referential, it's always the same," said Franchi during an interview to promote his award-winning drama, The Wild Hunt. "(I'm inspired by) Greek tragedies, legends, opera, classical music — the structure of songs even."

Although song structure may be less evident, The Wild Hunt definitely shows Franchi's flair for Greek tragedy. Inspired by the very real underground world of LARP (live action role play), Franchi's thriller presumes what might happen if reality became blurred in the eyes of thousands of Viking-costumed gamers armed with foam weapons in the woods. As co-writer and star Mark Krupa described, "It's Lord of the Rings meets Lord of the Flies."

"LARPing is not nearly as violent as it is in our film," admitted Franchi while insisting participants still take it seriously.

"Where we shot the film, it's a medieval co-op called Bicolline two hours northeast of Montreal and they have a medieval village they built year after year…it's like a retreat, a medieval Woodstock that they do every summer."

**"(I'm inspired by) Greek tragedies, legends, opera, classical music — the structure of songs even."**
Alexandre Franchi

Franchi may have been the perfect candidate to fictionalize this subculture as well. A former financial advisor bored with his job, he admits he's always had a soft spot for escapism.

"I was pulling all-nighters (then) … coming home at seven and going to work, saying to my assistant, 'I was at the dentist this morning' but really I had spent all night playing (Dungeons & Dragons)."

But just what is it that breeds the type of character who feels compelled to escape to the woods and battle in costume and thus give The Wild Hunt its psychological thrust?

Having spent three weeks filming at Bicolline, Franchi may have some insight:

"(The) human condition is hard and people find time to get together and to revel and to regress and be primal. I think we've lost that in our society and that kind of community. LARPing has that appeal."

# Wiggles rock on film for pre-schoolers

**MOVIES** The Wiggles have built an empire that includes a theme park, a wildly successful TV show, CDs, DVDs, toys and a live tour that draws packed houses around the world.

Now, the Australian supergroup is aiming to conquer Canadian multiplexes with a concert film set to screen in theatres across the country this Saturday and Sunday.

The Wiggles – Big Big Show In the Round is being billed as the first-ever live concert movie for pre-schoolers. Group member Anthony Field says fans will be blown away by the scope of the circus-themed extravaganza.

"I can't think of anyone else that's done a movie for kids like this," he said in a recent interview from the band's offices in Sydney.

The Wiggles - Big Big Show In the Round, billed as the first-ever live concert movie for pre-schoolers, hits multiplexes this weekend.

"Especially on this scale. In the words of P.T. Barnum, you won't believe your eyes."

Field, a.k.a. the Blue Wiggle, says the group was approached to do the big-screen concert — shot Dec. 20, 2009 at Sydney's Acer Arena — because there was so much demand for tickets to their live performances.

"This company came to us and said: 'Look, out in the country the kids can't get out to see your shows so why don't we film it and put it on in theatres?'

"We did that and it was such a success, we used 18 cameras and got amazing shots of the shows and beamed it out to all the country areas of Australia."

Blessed with a fanbase that naturally replenishes itself every few years, the Wiggles — rounded out by Murray Field, Jeff Fatt and Sam Moran — show no signs of slowing down.

Almost 20 years after the group formed, they do over 200 live shows each year and their TV show is seen in over 110 countries. John Fogerty and Shaquille O'Neal are among numerous celebs who count themselves as Wiggle fans.

The Wiggles gentle shtick remains largely unchanged. Field says the movie concert includes new songs as well as time-honoured Wiggles favourites such as Big Red Car, Hot Potato and Do the Monkey.

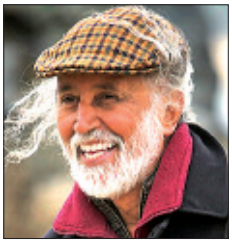
THE CANADIAN PRESS

# Man of many colours

## Director Vic Sarin sheds light on A Shine of Rainbows

KUMAR SAHA
Metro Canada

Newcomer John Bell and Connie Nielsen star in A Shine of Rainbows, directed by Canadian filmmaker Vic Sarin (inset).



**Vic Sarin's A Shine of Rainbows — in theatres Friday — is an apt title for a film soaked in primary colours, and well, rainbows. But it could also be a fitting way to sum up the veteran Canadian director's philosophy of filmmaking.**

Over the years, Sarin has worked the whole spectrum of cinematic subjects, including the Genie-nominated thriller Cold Comfort, documentaries like Dig Those Diggers and The Gurkhas of Nepal, and 2007's period drama Partition — also his first self-penned screenplay.

The 65-year-old filmmaker says this eclecticism is deliberate.

"I like to do different things all the time. Each of these films opens a new door for me," explains the Kashmir-born Sarin, who won the Kodak New Century Award last month for his parallel work as a cinematographer.

**A Shine of Rainbows opens Friday**

But there's one constant factor in Sarin's choices: the film's narrative has to appeal to him at a "human level."

Sarin felt this connection with Scottish writer Lillian Beckwith's novel A Shine of Rainbows — a "timeless, classical" book that remained stuck in his mind since he read it almost 20 years ago.

What attracted Sarin most was the character of Maire O'Donnell, a childless Irish woman who adopts a young orphan boy and gives him not only her unconditional love and but also introduces him to the natural wonders of coastal Ireland.

"She's the glue (of the story)," says Sarin, adding that he saw a bit of himself in Maire's ability to focus on life's positives and find magic and colour in everything around her.

"Colours to me really mean joy, which I use a lot in this film, and joy translates to love. It's metaphorically very much the foundation of this film."

Being set in Ireland, Aidan Quinn (best known for his role as Irish firebrand Harry Boland in 1996's Michael Collins) was an obvious pick for Maire's stoic husband Alec in the film. But Sarin wasn't so sure about Danish actress Connie Nielsen — who shot to fame as Princess Lucilla in Ridley Scott's Gladiator — for the pivotal role of Maire. That impression changed quickly.

"She's very much what you see on camera — very warm and caring but also very professional. She pulled off the Irish accent, and she did it all within 10 days," Sarin says.

Equally impressive was 11-year-old John Bell, who plays orphan Tomas in his first feature film.

"John is a very talented young man and I think you will see a lot of him. The moment he came in, I thought this is my boy," Sarin says.

## DVD picks

### Bad Lieutenant: Port of Call New Orleans

**Directors:** Werner Herzog

**NICOLAS CAGE TAKES** the junkie lawman character from Abel Ferrara's 1992 original Bad Lieutenant to a whole new level of weirdness, aided by director Werner Herzog's relocating of the action from New York to the dank back alleys and furtive hotel rooms of post-Katrina New Orleans.

Everybody in Herzog's vision of the Big Easy is tightly wound, tripping pharmaceutically or on the take — or all three in the case of Cage's Terence McDonagh, a once-noble cop whose life has taken a tragic turn downhill.

Herzog told Cage to "set the pig loose" with his portrayal of McDonagh and does he ever. McDonagh's huge appetite for drugs, sex and violence makes him more scaly than the gators and iguanas that pop up unannounced, although the critters might just be a figment of a fevered mind that is perilously close to flipping out.

Yet the compromised copper is also capable of genuine tenderness, as seen in his love and devotion to a hooker junkie played with grace and empathy by Eva Mendes.

McDonagh has a crooked sidekick (and sometime rival) played by Val Kilmer, while Michael Shannon has a cameo as a police storeroom clerk.

The slim extras include a making-of featurette and a digital photobook of on-set photos, shot by Herzog's wife Lena.

### The Lord of the Rings Trilogy (Blu-ray)

**Directors:** Peter Jackson

**PERHAPS YOU LIVE** in a cave, houseboat or hobbit hole where space is at a premium. Maybe you haven't already purchased one of the approximately 967 other DVD packages of this fantasy epic.

Could you by chance be one of the last remaining humans on the planet who have yet to see the Tolkien classic, as rendered cinematically by Peter Jackson for a total of 17 Academy Awards?

All of the above could be reasons why you'd want to splash out for this compact Blu-ray set, which neatly bundles all three films and their special features into one compact case, for a total of nine discs.

The main reason for purchasing this edition would be to get the unparalleled visual and sonic benefits that Blu-ray handsomely delivers. Frodo, Gandalf and their ring-chasing buddies have never look so good, outside of a movie theatre.

**Peter Howell/for Metro Canada**

**Transformers star says he 'hated' movie sequel**

Shia LaBeouf "hated" Transformers: Revenge of the Fallen. The 23-year-old actor, who played Sam Witwicky in the action franchise, admits the sequel was "confused" and he often didn't know what was happening on-set. FEMALEFIRST.CO.UK

## Entertainment in brief

**MUSIC AWARDS** Jason Aldean, Lady Antebellum and Sugarland each are up for four CMT Music Awards. Six other country music acts received three nominations apiece. Country Music Television announced eight nominees in most categoriesyesterday and fans can vote at the network's website until May 3 to narrow each to four finalists. Voting for a winner in all categories except video of the year will start May 11. The show is scheduled to air on June 9, and will also feature some voting by text. THE ASSOCIATED PRESS

**TV Babies!**

**"Our babies and kids are busy!" says Ann Love at The Baby Face Agency. "In ads, movies, and modelling, some earned $30,000."**

*"We need cute babies and toddlers and boys and girls up to 16!"*

**Phones are open now for parents to list babies and kids. Dial (416)**

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# Rock of Ages cast talks '80s music, style

**The cast of Rock of Ages is too young to have indulged in the overblown style of the '80s, so preparing for the Canadian premiere of the musical has given many of the actors their first taste of that decade's glam excess.**

For 24-year-old Elicia MacKenzie, best known for her 15-month stint in the starring role of The Sound of Music, the wardrobe for Rock of Ages has been a departure, to say the least.

"It's very different from Maria, I have to say — a lot less clothes," the Surrey native said yesterday as the cast of the musical presented three songs to a gathering of media.

"(There are) a lot of short skirts, and a lot of accessories for bras," added MacKenzie, who wore a black Van Halen T-shirt, slung off the shoulder on one side and tied above her navel, with a purple mini-skirt and knee-high black boots to yesterday's rehearsal.

**Rock of Ages opens at the Royal Alex on April 20**

Her co-star, 29-year-old Yvan Pedneault, hasn't seen the clothes he'll be wearing when performances begin at Toronto's Royal Alexandra Theatre on April 20. But he says he remembers '80s style better than most his age, and he credits his three older sisters.

Elycia MacKenzie

"Let's say that maybe the '80s were not my prime time, but I've seen it," said the Sept-Iles, Que., native.

During yesterday's session, the cast ran through three scenes from the production, with interpretations of David Lee Roth's Livin' in Paradise, Poison's Nothin' But a Good Time, and Whitesnake's Here I Go Again, which featured a gentle first verse that underscored a tender moment between the show's leads.

"Of the musicals I know, this is, in my opinion, the hardest one to sing," said Pedneault. "When they sent me the sheets for the audition, I didn't know I could sing that high." THE CANADIAN PRESS

| To 4/6/10 | Vu | SD | C | | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| primetime | 265 | 353 | 2 | TVO | The Choir (Part 1 of 4) | | The Agenda With Steve Paikin | | Whitechapel (Part 2 of 3) | | 100 Greatest Discoveries | | Agenda-Paikin |
| | 211 | 331 | 3 | GTV | Entertainment | ET Canada | NCIS "Guilty Pleasure" | | NCIS: Los Angeles (N) | | The Good Wife "Doubt" | | News Hour |
| | 215 | 343 | 4 | OMN1 | Two/Half Men | The Office | Omni News: Italian Edition (N) | | Vivere V | Omni News: | Law & Order: Criminal Intent | | Metropia |
| | 210 | 302 | 6 | CBC | Wheel Fortune | Jeopardy! (N) | Rick Mercer | 22 Minutes | Laughs | Comedy Fest | CBC News: The National | | The Hour |
| | 214 | 344 | 7 | CITY | Law & Order: Special Victims | | The Biggest Loser A swimming challenge. (N) | | | | Parenthood (HDTV) (N) | | News |
| | 212 | 313 | 8 | CTV | Lost "Happily Ever After" | | American Idol (HDTV) Nine finalists compete. (Live) | | | | Law & Order: Special Victims | | CTV News |
| | 218 | 345 | 11 | CHCH | *The Animal* ★ (2001, Comedy) Rob Schneider. | | *Dr. No* ★★★ (1962, Action) Sean Connery, Ursula Andress, Joseph Wiseman. | | | | | | News at 11 (N) |
| | - | - | 14 | - | Family Guy | The Simpsons | Omni News: S. Asian Edition | | Omni News: Cantonese Edition | | Two/Half Men | King/Queens | Cold Case |
| | 213 | 326 | 15 | SUN | George Lopez | The Insider (N) | Madonna: Sticky and Sweet The artist performs in Argentina. (N) | | | | | The Insider | Becker |
| | - | 387 | 16 | CBS | UB 2020 | Access H. | NCIS "Guilty Pleasure" | | NCIS: Los Angeles (N) | | The Good Wife "Doubt" | | News 4 at 11 |
| | - | 385 | 17 | NBC | Entertainment | The Insider (N) | The Biggest Loser A swimming challenge. (N) | | | | Parenthood (HDTV) (N) | | News |
| | - | 386 | 18 | ABC | Wheel Fortune | Jeopardy! (N) | Dancing With the Stars | | Lost "Happily Ever After" | | (10:02) V (HDTV) (N) | | News |
| | 219 | 346 | 20 | ACH-B | Degrassi: Next | TMZ (N) | Dancing With the Stars | | The Middle | Old Christine | (10:02) V (HDTV) (N) | | A News |
| | - | - | 28 | FOX | Judge Judy | Two/Half Men | American Idol (HDTV) Nine finalists compete. (Live) | | | | Seinfeld | Two/Half Men | The Simpsons |
| | - | 388 | 61 | PBS | PBS NewsHour | Foot in Grave | NOVA (N) | | B.L.A.S.T.! | | 400 Years of the Telescope | | Business Rpt. |
| | 297 | 652 | 330 | WPX | Two/Half Men | Family Guy | 90210 (HDTV) (N) | | Melrose Place (N) | | PIX News at Ten Tong. | | Two/Half Men |
| | 296 | 654 | 331 | SBK | The Insider (N) | Entertainment | Law & Order: Special Victims | | WBZ News (N) | '70s Show | Frasier | Frasier | The Office |
| | 298 | 653 | 332 | TLA | The Tyra Show | | According-Jim | Family Guy | KTLA News | KTLA News | Two/Half Men | Two/Half Men | 90210 (N) |
| news | 502 | 390 | 26 | NW | The Lang & O'Leary Exchange | | Connect with Mark Kelley (N) | | CBC News: The National | | CBC News: the fifth estate | | National |
| | 500 | 500 | 33 | CNN | John King, USA (N) | | Campbell Brown (N) | | Larry King Live (N) | | Anderson Cooper 360 (HDTV) (N) | | |
| | 509 | 504 | 79 | CNB | Kudlow Report (Live) | | The Oprah Effect | | Tom Brokaw Reports: Boomer$! | | | | Mad Money |
| sports | 405 | 417 | 22 | net | NHL Hockey Philadelphia Flyers at Toronto Maple Leafs. (HDTV) (Live) | | | | | Hockeycentral | Sportsnet Connected | | Hockey Central |
| | 400 | 400 | 30 | TSN | NBA Basketball Toronto Raptors at Cleveland Cavaliers. (HDTV) (Live) | | | | | NHL Hockey San Jose Sharks at Calgary Flames. | | | |
| | 411 | 457 | 58 | OLN | Ghost Hunters | | Destination Truth | | Oper. Repo | Oper. Repo | Ghost Hunters | | Destin. Truth |
| | 417 | 406 | 81 | SC | NASCAR | NASCAR Hub | Race in 60 (HDTV) | | Monster Jam (HDTV) (N) | | Dangerous Drives (HDTV) | | Pass Time |
| family | 551 | 542 | 25 | YTV | iCarly | Scorpion | Malcolm-Mid. | Hates Chris | 8 Simple Rules | What I Like | Family Biz | To Be Indie | Prank Patrol |
| | 554 | 544 | 45 | TEL | Johnny Test | Total Drama | Total Drama | 6TEEN | Futurama | King of the Hill | American Dad | Futurama | Robot Chicken |
| | 556 | 540 | 51 | FAM | Sonny Chance | Suite Life | Overruled! | Han. Montana | Wizards-Place | Latest Buzz | Ned's | Cory in House | That's-Raven |
| cable variety | 602 | 567 | 27 | W | Supernanny | | Style by Jury | Grocery Bag | Beauty Call | Style by Jury | How to Look Good Naked | | Beauty |
| | 570 | 580 | 29 | MM | Gossip Girl (HDTV) (N) | | Springbreak.10 | | disBAND | Muchmusic Countdown | | | UR11 |
| | 615 | 520 | 31 | A&E | Criminal Minds (HDTV) | | Criminal Minds (HDTV) | | Criminal Minds (HDTV) | | CSI: Miami "Flight Risk" | | Runaway Sq. |
| | 700 | 800 | 35 | TLN | Centrovetrine | Sky TG 24 | Distretto di Polizia | | David Rocco | Caritas | George Lopez | George Lopez | Lopez Tonight |
| | 571 | 581 | 36 | MMM | The Daily Fix | | Ranked! | | mmtop10.ca | | Hammertime | Gimme Sugar | G. Simmons |
| | 575 | 583 | 38 | CMT | Amer. Funniest Home Videos | | Reba | Reba | According-Jim | According-Jim | Home Improve. | Home Improve. | Meet-Wilsons |
| | 616 | 521 | 39 | SHO | Relic Hunter | | *Unthinkable* (2007, Suspense) (HDTV) Michelle Forbes. | | | | Drop Dead Diva (HDTV) | | NCIS |
| | 620 | 523 | 40 | BVO | Live at the Rehearsal Hall | | Liza With a Z: Concert | | Bravonews | Arts & Minds | Spectacle: Elvis | | Law & Order |
| | 601 | 562 | 41 | SLC | Rich Bride Poor Bride | | Party Mamas | Party Mamas | Party Mamas | Wedding SOS | Wedding SOS | Wedding SOS | ET Canada |
| | 522 | 506 | 43 | HIS | Aftermath "World Without Oil" | | Cities of the Underworld | | Pawn Stars (N) | Pawn Stars (N) | Nostradamus Effect | | Weather |
| | 625 | 548 | 44 | COM | Air Farce | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park | Flt.-Conchords | Awesome | Daily Show |
| | 600 | 564 | 46 | H&G | House Hunters | Property Virgin | Outdoor Room | Curb/Block | Sarah's House | Genevieve | House Hunters | House Hunters | Holmes-Homes |
| | 294 | 529 | 47 | TBS | Family Guy | Family Guy | House-Payne | House-Payne | Law & Order: Special Victims | | Seinfeld | Name Is Earl | *The Fog* (2005) |
| | 576 | 582 | 49 | BET | 106 & Park: BET's Top 10 Live | | *Waist Deep* ★ (2006, Action) Tyrese Gibson, Larenz Tate. | | | | Michael Vick | Michael Vick | Mo'Nique |
| | 627 | 528 | 50 | SPC | Stargate Atlantis (DVS) | | Star Trek: Voyager | | Medium (N) | | Fringe "Peter" (N) | | InnerSpace (N) |
| | 581 | 566 | 52 | MTV | After | Cribs | Cribs | Teen Cribs | 16 and Pregnant | | 16 and Pregnant "Leah" (N) | | |
| | 618 | 524 | 54 | TROP | The Celebrity Apprentice A theme park's new attraction. | | | | Dog Whisperer | | End of Leash | Last 10 | Tube Tales |
| | 603 | 561 | 56 | FOOD | Ricardo | Exotic | Dinner: Impossible | | Chef Abroad | Chef Abroad | Chefs vs. City | | Restaurant |
| | 261 | 394 | 60 | V | Murder, She Wrote | | May-December | When I Laugh | Quantum Leap | | Unscripted (N) | Crazy for Love | Poltergeist |
| | 621 | 527 | 63 | STR | Look-A-Like | TMZ | The Ellen DeGeneres Show (N) | | The View (HDTV) (N) | | The Dr. Oz Show (N) | | TMZ |
| | 553 | 546 | 65 | TRE | Backyardigans | Night Garden | Waybuloo | Toopy & Binoo | Franklin | Babar | Little Bear | Toopy & Binoo | Max & Ruby |
| | 526 | 507 | 249 | VIVA | Cold Case | | Missing "Sisterhood" | | Medium "Dead Aim" | | Cold Case | | Psychic Inv. |
| | 300 | 601 | 301 | M1 | (7:15) *One Week* ★★ (2008, Drama) Joshua Jackson. | | | | *The Proposal* ★★ (2009, Romance-Comedy) | | | | *Obsessed* |
| | 305 | 612 | 306 | PIX | (7:10) *Edge of Madness* (2002, Suspense) | | | | *Wise Guys* ★★ (1986, Comedy) | | | (10:35) *Ignition* (2002) | |
| | 520 | 146 | - | DISC | Daily Planet (N) | | How It's Made | How It's Made | Destroyed | Destroyed | Swamp Loggers (N) | | Daily Planet |
| | 637 | - | - | TVLND | Red Green | Red Green | Fantasy Island | | Hart to Hart | | Andy Griffith | Phil Silvers | Bizarre |
| | 605 | - | - | FASH | Diddy | RAW | FashionTele | RAW | FT Found Footage | | America's Next Top Model | | Fashion-Uncut |

## critics' corner

**The Choir**
This four-part documentary series is subtitled "Boys Don't Sing." It follows Gareth Malone, choirmaster of the London Symphony Orchestra, as he tries to organize a 100-voice singing ensemble at a school full of boisterous boys. Most of them think rap is cool but singing isn't ... a sentiment shared by many of their teachers. But Malone has big dreams for these boys. 7 PM on TVO

**NCIS**
Gibbs and his team turn to Washington, D.C., madam Holly Snow for help when a Navy officer's death is connected to a prostitute. Adam Kaufman, Jason London and Taylor Cole guest star in the new episode "Guilty Pleasure." 8 PM on GTV CBS

**The Good Wife**
Will and Alicia deal with their growing sexual tension while defending a student accused of killing her sorority sister while under the influence of a sleep aid. Kurt and Diane continue to flirt in the new episode "Doubt." 10 PM on GTV CBS

# Ousted governor Blagojevich 'fired' again

**TV** Rod Blagojevich has been fired again.

The former governor, whom Illinois lawmakers ousted from office last year, has been kicked off NBC's Celebrity Apprentice.

Rod Blagojevich

Apprentice boss Donald Trump fired him after Blagojevich struggled as team leader in creating an interactive display.

As on a previous episode, technology posed a surprising hurdle for Blagojevich. On Sunday's show, he had trouble sending text messages and emailing.

Blagojevich explained his difficulties using cellphones and computers on WLS-AM's Don Wade and Roma Morning Show yesterday. He says his generation didn't grow up with what he calls "all that stuff." Blagojevich faces a federal indictment alleging political corruption while in office. He's denied any wrongdoing. THE ASSOCIATED PRESS

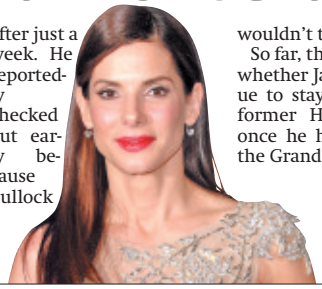
**Alcohol + Pregnancy = Bravo series**
Real Housewives of New York star Alex McCord reveals in a new book that she drank while pregnant, usmagazine.com reports. McCord is the mother of two boys (ages six and four). METRO NEWS SERVICES

## Celebrity Buzz

# Bullock preps divorce docs

**MEANWHILE, HER HUSBAND CHECKED OUT OF SEX REHAB WHEN HE FOUND OUT YOU COULDN'T HAVE SEX IN THERE** Sandra Bullock has reportedly had divorce papers drawn up to end her marriage to Jesse James after his cheating scandal erupted last month, but sources say the actress isn't giving any indication of when or if she'll file, according to Radar Online. "Her attitude toward Jesse hasn't softened since she found out he was cheating on her," a source says. "She's been betrayed and cheated on and she's not getting over that." James, meanwhile, is said to have left the Arizona rehab facility he'd checked himself into after just a week. He reportedly checked out early because Bullock wouldn't take his calls.

So far, there's no word on whether James will continue to stay at the couple's former Hollywood home once he heads back from the Grand Canyon state.



METRO WORLD NEWS

## Perry only has ears for her fiancé

**BUNNY LOVE** Katy Perry and fiancé Russell Brand celebrated Easter with a backyard BBQ for family and friends on Sunday, people.com reports.

"There was an Easter bunny to entertain the kids and guests were wearing bunny ears," says a source. Perry even posted a photo of herself and pals with the giant white rabbit.

The couple was all over each other at the bash, which was held at their Los Angeles home. "They kept kissing and were super affectionate," adds the source.

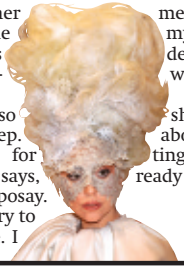
METRO NEWS SERVICES

## Lady Gaga can't fall asleep anymore

**WELL, IF HER DREAMS ARE ANYTHING LIKE HER VIDEOS I CAN'T SAY I BLAME HER** Lady Gaga says her success over the last two years has made her an insomniac.

"My passion is so strong I can't sleep. I haven't slept for three days," she says, according to Exposay. "I lie in bed and try to pray and breathe. I have a very overactive mind. I'm the sort of person who'd never take medication to calm myself. It's maddening. But I love what comes out."

And she admits she's not worried about things getting worse. "I'm already crazy," she says.



METRO WORLD NEWS

## Celebs tweet about quake

**IT CLEARLY WASN'T POWERFUL ENOUGH TO DISMANTLE THEIR IPHONES** A 7.2 earthquake hit Baja California on Sunday afternoon — about 240 miles southeast of Los Angeles — and the news was felt across Twitter, accessHollywood.com reports.

Paris Hilton Tweeted her fear of the quake, which was felt in LA, San Diego — and even Las Vegas. A second, smaller quake also hit San Francisco on Sunday.

"OMG! So scary, just felt an Earth Quake! Anyone else feel it? I hope there isn't anymore," Paris Tweeted.

In Vegas, Danny Masterson Tweeted that he also felt the earth shake. "56th floor in vegas was swayin! Earthquake in mexico," he Tweeted.

METRO NEWS SERVICES

Follow these celebrities on Twitter...

## CelebTweets

**DEEPAK CHOPRA** thinks he can cause earthquakes, **CONAN O'BRIEN** is at the forefront of technology, **JESSE MCCARTNEY** is inspired by his elders, and **DIABLO CODY** is relaxing with the classics.

@DeepakChopra Was meditating on Shiva mantra & earth began to shake. Sorry about that

@ConanOBrien Just got the new iPad. This amazing device has already revolutionized the way I use a calculator.

@JesseMcCartney Sitting at a cafe in Bloomie's next to 3 of the oldest and funniest ladies I've ever seen. I hope I can still tackle a bottle of wine at 80.

@diablocody Watching The Sound of Music. The Baroness is the most reasonable person in this movie

METRO NEWS SERVICES

SEE THE MOVIE! IN THEATRES APRIL 16TH!
the GIRL with the DRAGON TATTOO
Reliance
NEW YORK TIMES BESTSELLER
THE GIRL WHO PLAYED WITH FIRE
AUTHOR OF THE GIRL WITH THE DRAGON TATTOO
STIEG LARSSON
Now in paperback, Book Two of
THE MILLENNIUM TRILOGY
Over 26 Million Copies Sold Worldwide
"[A] gripping, stay-up-all-night read."
—ENTERTAINMENT WEEKLY
"With the spiky and sassy Salander, Larsson created the most original heroine to emerge in crime fiction for many years." —THE INDEPENDENT (U.K.)
COMING MAY 25
THE GIRL WHO KICKED THE HORNET'S NEST
"BELIEVE THE HYPE." —PEOPLE
Win a trip for two to see Stieg Larsson's Stockholm
Visit Metronews.ca/Penguin to enter. Contest ends April 30.

The Weather Network ©The Weather Network 2010

Today Showers 80% 15°/12°

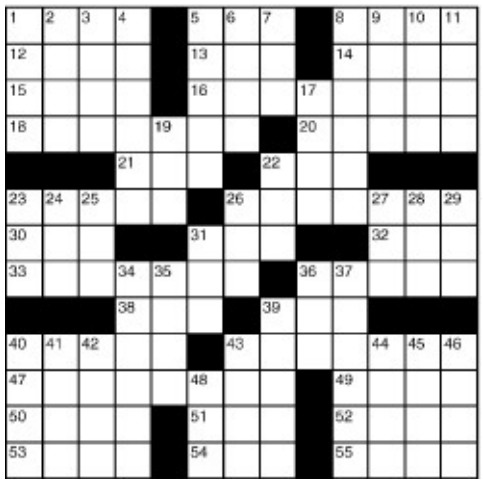
Wednesday Showers 70% 19°/5°

Thursday Showers 70% 12°/5°

You have voted us #1 for best forecasts on TV. Thank you Canada!

# Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



**ACROSS**

1 One of the deadly sins
5 — Khan
8 Item on stage
12 Chills and fever
13 Roadside weapon (Abbr.)
14 "— but known, ..."
15 Entreaty
16 Chaotic place
18 Attack dog, often
20 Beginning
21 Exist
22 Comedian Margaret
23 Pretend
26 Pitcher's warm-up area
30 Possess
31 Opposite of 29-Down
32 Historic time
33 Mark Twain, famously
36 Dazzlingly bright
38 Whatever number
39 Coloration
40 Anticipate
43 It usually says "HELLO"
47 Slogans
49 Undulating
50 Shrek is one
51 Chow down
52 Computer brand
53Anthropologist Margaret
54 Raw rock
55 Days gone by

**DOWN**

1 Reindeer herder
2 Wrinkly citrus
3 Tallow source
4 Lipton item
5 Supermarket section
6 Robt. E. Lee, for ex.
7 Oklahoma city
8 Disinfectant chemical
9 Seance sounds
10 Garfield's pal
11 Actor Brad
17 Germany reunifier Helmut
19 Vase's cousin
22 Poolroom stick
23 Dandy
24 Ram's mate
25 Hostel
26 "See ya"
27 Shell game need
28 Mess up
29 Opposite of 31-Across
31 Actress Adams
34 Caught in the act
35 Oppositionist
36 Wrigley product
37 Elbow room
39 Waste maker
40 Teensy bit
41 Carry on
42 Taj Mahal city
43 Approach
44 Mexican entree
45 State with conviction
46"Did — and gimble ..."
48Ultramodernist (Pref.)

## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 3 | | | 6 | | | 7 | |
| | | 1 | 3 | | 2 | 5 | | |
| 4 | | | | | | | | 6 |
| 2 | | 5 | | | | 1 | | 7 |
| | | | 8 | | 4 | | | |
| 3 | | 6 | | | | 8 | | 5 |
| 1 | | | | | | | | 9 |
| | | 8 | 2 | | 9 | 6 | | |
| | 6 | | | 3 | | | 2 | |

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 5 | 2 | 1 | 3 | 6 | 4 | 7 | 8 |
| 3 | 6 | 7 | 8 | 9 | 4 | 2 | 5 | 1 |
| 8 | 4 | 1 | 2 | 5 | 7 | 9 | 3 | 6 |
| 5 | 7 | 9 | 3 | 2 | 8 | 6 | 1 | 4 |
| 6 | 1 | 3 | 7 | 4 | 9 | 8 | 2 | 5 |
| 2 | 8 | 4 | 6 | 1 | 5 | 7 | 9 | 3 |
| 1 | 3 | 6 | 4 | 7 | 2 | 5 | 8 | 9 |
| 7 | 9 | 8 | 5 | 6 | 1 | 3 | 4 | 2 |
| 4 | 2 | 5 | 9 | 8 | 3 | 1 | 6 | 7 |

## On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

## Metro Recipe of the Day

### Kid-Friendly Pancakes

**INGREDIENTS:**

375 ml (1 1/2 cups) flour (half all-purpose and half whole-wheat flour)
2 eggs
250 ml (1 cup) 2 per cent milk
30 ml (2 tbsp) canola oil
10 ml (2 tsp) baking powder
15 ml (1 tbsp) sugar
30 ml (2 tbsp) partly skimmed ricotta cheese
30 ml (2 tbsp) hazelnut spread
1 handful sliced almonds (optional)

**METHOD:**

1. In a mixing bowl, whisk flour, eggs, milk, canola oil, baking powder and sugar until there are no clumps.
2. Mix in ricotta cheese and hazelnut spread.
3. Stir in almonds, if using.
4. Heat a skillet and coat with non-stick cooking spray.
5. Drop about 50 ml (1/4 cup) of the batter onto the middle of the skillet.
6. When the pancake starts to look firm and bubbles a bit on the top, use a spatula to flip it. Cook until the other side is browned.

**SERVES 8**

THE CANADIAN PRESS

## Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES** ♈
**MARCH 21-APRIL 20**
If you rush into something of a financial nature today you may have to rush out again quickly — and at a considerable loss.

**TAURUS** ♉
**APRIL 21-MAY 21**
Make it your business to ask a friend or loved one why they are behaving so out of character. Don't push it if they don't want to talk

**GEMINI** ♊
**MAY 22-JUNE 21**
Unexpected events will throw your plans into confusion, so don't bother planning your day in any great depth.

**CANCER** ♋
**JUNE 22-JULY 22**
Someone you have to deal with at home or at work will be rather touchy today and there is a danger their black mood will rub off on you. Don't let it.

**LEO** ♌
**JULY 23-AUG 23**
Insist on the facts today. What other people believe may be interesting but it is also irrelevant as far as your plans are concerned.

**VIRGO** ♍
**AUG 24-SEPT 22**
The Sun in Aries makes you ultra serious but other aspects make you want to go out and enjoy yourself. So what do you do? You enjoy yourself

**LIBRA** ♎
**SEPT 23-OCT 23**
It might be wise to keep your good ideas to yourself today, especially if they are the kind of ideas you cannot follow up on immediately.

**SCORPIO** ♏
**OCT 24-NOV 22**
It would appear that you have got hold of the wrong end of the stick where an affair of the heart is concerned. Your fears are completely unfounded.

**SAGITTARIUS** ♐
**NOV 23-DEC 21**
Someone will be somewhat critical of your actions today but you must not let it affect what you are doing.

**CAPRICORN** ♑
**DEC 22-JAN 20**
You won't be happy with superficial answers today. Use intuition to guide you and logic to evaluate what you learn.

**AQUARIUS** ♒
**JAN 21-FEB 18**
Don't let your emotions get the better of you. If you find yourself getting angry you must focus your mind on all the good things there are in your life.

**PISCES** ♓
**FEB 19-MARCH 20**
This could be and should be a lucky day for you, but a lot depends on your frame of mind. If you believe that fate is kind, it will be.

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Editing and Publishing
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$899 +Taxes & other fees (including service charges): $397

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**Hotel Cervantes Paris • 3★**
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$899 +Taxes & other fees (including service charges): $332

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**Hotel Center 1, 2, 3 • 3★**
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**Sunotel Amaral Hotel • 3★** (Madrid)
Breakfast daily • Double standard rm. • 3 nts.

June 10

$1299 +Taxes & other fees (including service charges): $282

# Sun Destinations

## DOMINICAN REPUBLIC
**Puerto Plata**

**Bahia Principe San Juan • 4★**
All-Inclusive • Standard rm.
Apr. 16 • 1 wk.

$429 +Taxes & other fees (including service charges): $304

## GREAT EXUMA, BAHAMAS
**Augusta Bay • 3 1/2★**
Continental breakfast
Oceanview twin rm.
May 9–30 • 1 wk.

$1099 +Taxes & other fees (including service charges): $190

## CUBA
**Varadero**

**Sol Sirenas Coral Resort • 3★**
All-Inclusive • Standard rm.
Apr. 17, 18 & 19 • 1 wk.

$539 +Taxes & other fees (including service charges): $222
Please add $50 for Sat. & Sun. departures
Departure tax: 25 CUC cash, paid locally

**Holguin**

**Sirenis Playa Turquesa • 4★**
All-Inclusive • Superior rm.
Apr. 17 & 24 • 1 wk.

$699 +Taxes & other fees (including service charges): $222
Departure tax: 25 CUC cash, paid locally

## JAMAICA
**Gran Bahia Principe Jamaica • 4 1/2★**
All-Inclusive • Junior suite
May 4, 5, 7–14 & 18–20
1 wk.

PRIVILEGES
$1079 +Taxes & other fees (including service charges): $276
Please add $50 for Sat. & Sun. departures

## SAINT LUCIA
**Almond Morgan Bay • 4★**
All-Inclusive • Standard pool and garden view rm.
May 1–30 • 1 wk.

$1599 +Taxes & other fees (including service charges): $225

# SUPERCLUBS BREEZES RESORTS

## NASSAU, BAHAMAS
**Breezes Resort, Bahamas • 3★**
Super-Inclusive®
Deluxe garden view rm.
May 8–9 • 3 nts.

$769 +Taxes & other fees (including service charges): $89
Price based on Sat. – Wed. departures

## JAMAICA
**Breezes *Bonanza*[3]**
Super-Inclusive®
Run of the house
May 4, 5, 7, & 8 • 1 wk.

$999 +Taxes & other fees (including service charges): $276
Please add $50 for Sat. departures

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